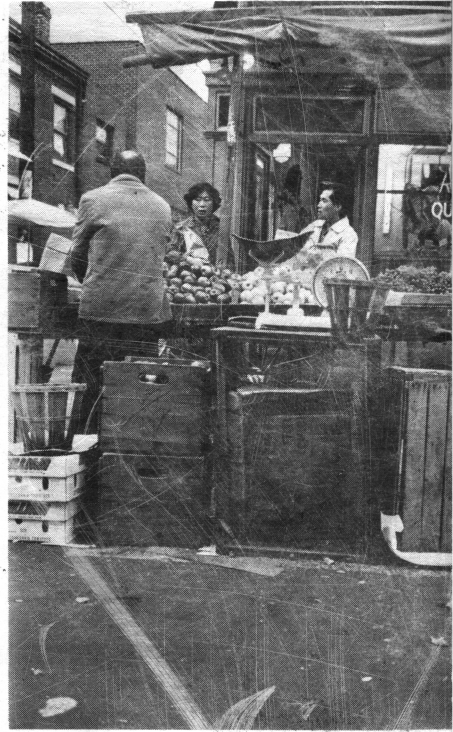




the people's philadelphia cookbook

price: \$5.00







the people's philadelphia cookbook

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and the People's Fund Membership

With an exclusive "Resource Guide to Philadelphia's Ethnic Foods,"
by Jim Quinn

COVER PHOTOS: HARVEY FINKLE

LINE DRAWINGS: ELIZA DRAKE

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introduction

THE PEOPLE'S FUND MEANS CHANGE NOT CHARITY

The PEOPLE'S PHILADELPHIA COOKBOOK is a fundraising project of the People's Fund, an organization that raises money for community-based groups working to end human suffering. We believe that the problems of poverty, racism, sexism, and ageism will end only when the root causes of these problems are challenged. In our approach to fundraising, we try to educate people about the conditions in our society which cause these problems, stressing the need for fundamental social change.

The People's Fund is an alternative to charity. We believe all people should be guaranteed decent housing, livable income, education, jobs, health services and legal rights. Rather than relying on limited attempts undertaken by private charity, we believe our tax supported institutions should be fully providing these services. People's Fund Cooperating Groups are working to bring about changes in these institutions in order that the real needs of people are met.

HOW ARE THE GROUPS CHOSEN?

Any community organization in the Philadelphia area may apply to become a People's Fund Cooperating Group. To be accepted, groups must meet the criteria which were developed and approved by the People's Fund membership. The groups should be opposed to racism, sexism, economic exploitation, and be democratically organized.

THE PEOPLE'S FUND IS DEMOCRATIC – CONTRIBUTOR CONTROLLED

Every contributor is a member and the membership controls the organization. Members make policy decisions and are encouraged to participate in programs, committees and office work.

However, a contribution to the People's Fund is more than a statement of membership. It means that you believe in the potential and desirability

lity of a grassroots movement for social change.

Since 1970, the People's Fund has conducted annual fundraising campaigns to support the Cooperating Groups. Because of the nature of their work, most of these groups are not able to tap traditional fundraising sources and so depend on the People's Fund for their continued survival.

Currently, our sixth campaign is underway. Proceeds from THE PEOPLE'S PHILADELPHIA COOKBOOK, along with other fundraising activities will go to the new PF cooperating groups.

The Cooperating Groups for 1976 were:

United Farm Workers, Black United Liberation Front, Tenant Action Group, Medical Committee for Human Rights, Women's Switchboard, Gay Activist Alliance of Philadelphia, Alexandria Books, Black Family Cadre Organization, Black Panther Party, Bunting Friendship Freedom House, Chile Emergency Committee, Committee for Full Employment, Common Sense, Community Assistance for Prisoners, Consumer Education and Protection Association, Disabled in Action, DuBois Book Store/Thomas Nabried Center, Emergency Civil Liberties Committee, Germantown Women's Center, Harrowgate Community Center, HEAL/Help Everywhere at All Levels, Lesbian Center, Lesbian Hotline, Liberty Alliance of the Blind, National Lawyers Guild, Noetics, Parents' Union for Public Schools, People's Institute for Political Education, Philadelphia Filmmakers' Workshop, Philadelphia Gray Panthers, Philadelphia People's Bail Fund, Philadelphia Workers' Organizing Committee, Prisoners' Rights Council, Public Interest Media Project, Puerto Rican Revolutionary Workers' Organization, Puerto Rican Socialist Party, Residents' Advisory Board, Resistance/NAM, Rites of Women, SANE, Synapse, Venceremos Brigade, Welfare Rights Organization/Delaware County, Welfare Rights Organization/Philadelphia County, Yellow Seeds.

CONTRIBUTE TO CHANGE NOT CHARITY –
SUPPORT THE PEOPLE'S FUND

You can support the People's Fund and the groups it serves by sending contributions to:

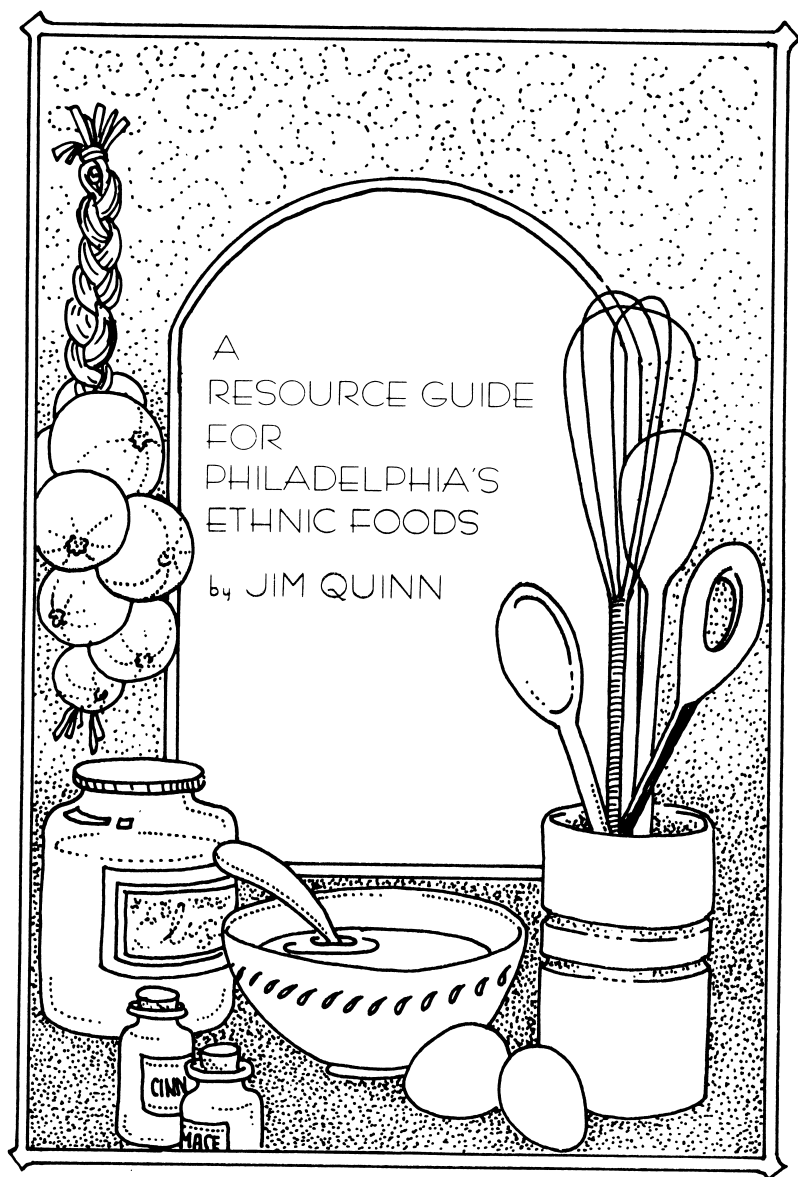
The People's Fund
P.O. Box 1225
Philadelphia PA 19105

Office Address:
1427 Walnut Street
Philadelphia PA 19102

215/LO3-0636

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The Peoples of Philadelphia

Philadelphia has always been, and remains today, a city of many peoples. In the mid 1800's, the first big wave of immigrants poured into the city. The Irish, fleeing the poverty and famine caused by their colonial status, were the first to arrive en masse. Along with the Irish came the Germans, followed around the turn of the century by Southern and Eastern Europeans — Italians, Poles, and Russian Jews. Looking for a better life, fleeing poverty and religious persecution, they came in droves. Strong and cohesive ethnic communities sprang up overnight.

The Irish concentrated themselves into Southwark, Grays Ferry, and Moyamensing. A large Jewish settlement grew up in Port Richmond, followed by others around what is now Society Hill, parts of South Street and Strawberry Mansion. The Italians poured into South Philadelphia and established a tight knit and stable community which still thrives today. The early Black population could be found in and around Lombard Street, between Broad and the Schuylkill.

The massive Black migrations from the South began around World War I. Almost two million Blacks came north and settled in the large, urban centers. Between 1910 and 1920, the Black population of Philadelphia nearly doubled. The critical need for war production had countered employment discrimination and opened the door for Blacks to move into industrial jobs for the first time. Around World War II, this pattern repeated itself.

In the late 40's and early 50's, large numbers of Puerto Ricans immigrated in an effort to escape the poverty that plagued their island. Years of U.S. control had resulted in massive unemployment. Large numbers of Puerto Ricans settled in Fairmount, Lower Kensington, and North Philadelphia.

Today, the immigrants are still coming. A look around Logan points this out. Koreans, Ukrainians, East Indians, Pakistanis, Portuguese, Latin Americans, and many others have found their way to the Logan section of Philadelphia. As a result of its multi-national character, the neighborhood radiates a unique cultural richness. Logan differs from the older, early ethnic neighborhoods in that it is in no way a closed or exclusionary ethnic community. Each group has its own language, traditions, and lifestyle, but in some way these are shared. It is this kind of sharing that replaces fear and ignorance of what is different.

On a small level, it is this kind of sharing that made the People's Philadelphia Cookbook a reality. The cookbook would not have been

possible had people been unwilling to part with their very own specialties which may have come over with their grandmothers from the old country. The recipes come from people of many different racial and ethnic backgrounds from all over the city. And as an extra ingredient, some interviews with a few of Philadelphia's not-so-famous but very good cooks have been included. And to facilitate your preparing these meals, a list of local stores that sell special, unusual or hard-to-find ethnic foods has been compiled. The list is far from complete, but it should start you well on your way to becoming an international expert in the field of eating and cooking. And for those of you who were given this cookbook as a gift and hate to cook, a page of the yellow pages has an extensive list of ethnic restaurants.

The People's Fund optimistically hopes that those who like each other's foods will learn to like each other.

The Resource Guide

ARIRANG HOUSE

4516 Baltimore Avenue

Oriental food from Japan, Korea, Philippines, China.

BENJAMIN RIEHL

Reading Terminal

A Lancaster County Mennonite family runs this stand — full of shoofly pies, raisin pie, delicious mince pies in season, farmer style cheddar, local oddities like lebanon bologna (and its much better unsmoked version called sweet bologna), homemade scrapple (and its much better cornmeal-less version called liver pudding), a good, relatively attractive-looking commercial souse and a hideous cloudy delicious homemade souse. The city's best homemade preserves, all natural, and all flavors, including blackberry, raspberry, and tomato. Also excellent homemade apple cider.

BITAR'S

10th and Federal

755-1121

A Lebanese bakery which makes the city's best pita bread (both regular and whole wheat) and Lebanese spinach pies (which are different from the Greek because they are made with bread rather than with filo leaves). And lots of sticky gorgeous pastries — which are different from

Greek pastries because, as one Lebanese said: "Greek pastries are Greek; Lebanese pastries are Lebanese."

Bitar's also makes its own yoghurt — all natural and unflavored — in two different styles: a thinner runnier version that is the best to use for cucumber salad and a thick almost cheesy kind that Lebanese eat with hot peppers and olive oil which is also delicious with fresh fruit or jam for breakfast. It is also the only place in Philadelphia to buy hibiscus flowers.

CRAB CRIB

Front and Washington

Drives down its own Maine lobsters from Maine — and sells them as soon as they get off the truck. Somehow lobsters that sit around in the artificial seawater that big suppliers keep them in lose a lot of flavor and texture — these are much better. Also good fresh fish fillets, clams, oysters, crabs, frozen lobster tails and occasional oddities like sea urchins (they look like barnacled pincushions and you eat them raw, spooning out nothing but the eggs — one of the kids will show you how it's done). A permanent oddity: bake-and-serve egg rolls.

DASH'S DELICATESSEN

434 S. 60th Street

Those famous knishes and gefilte fish. Kosher catering.

DIBRUNO'S HOUSE OF CHEESE

930 S. 9th Street

WA 2-2876

A store full of discount cheeses of all kinds — from the city's cheapest and freshest boursin to Regina Parmesan aged carefully by the Dibruno brothers in dark rooms throughout the old three-story house and warehouse. This is the city's best source for homemade Italian pickled vegetables, pickled mushrooms, eggplant, artichoke hearts, capers four or five times the size of the ones you buy in a supermarket, Italian salami, excellent cheap olive oil, and an extraordinarily good homemade wine vinegar — in quart liquor bottles that still have scotch or bourbon labels on them.

DICK'S DELICACIES

Reading Terminal

WA 2-6669

Smoked eel, brockwurst, knockwurst, many different kinds of German sausage, imported flatbreads, dried mushrooms and fancy German almond paste delicacies — candy shaped like sunnyside up eggs, or pigs, or tiny vegetables.

EL BOTECITO

401 West Cumberland

Spanish-American food.

ESSENE

320 South Street

WA 2-1146

ECOLOGY FOOD CO-OP

201 N. 36th

BA 2-5142

GERMANTOWN CO-OP

Wayne between Coulter and Winona

VI 3-4340

These stores are all different — but similar. They all sell natural and organic foods at prices much lower than fancy health food stores. They will all pass on a saving to you if you bring your own container for unheated honey or Dr. Bronner's soap or safflower oil. Ecology Food Co-op has a sliding scale of prices that makes it very cheap if you're a member of the co-op; slightly more expensive if you're not. All stores are a good source for grains to sprout, local organic produce, homemade whole wheat bread and unusual grains like couscous.

FANTE'S

1006 S. 9th

WA 2-5557

Fante's is the cheapest place in the city to buy the most expensive type of cutlery, salad bowls, fish steamers, woks, wooden spoons, cake pans in the shape of lambs (or chickens, or American flags or . . .),

little silver beads to decorate kids' birthday cakes and crack kids' teeth, party favors featuring Italian and American flags, parers, peelers, corers, cookie cutters, donut makers, french souffle dishes, copper-bottomed french pots, spaghetti machines, ravioli molds, pepper mills, salt mills, little hurdy-gurdy handled cast iron machines that pit cherries or make hamburger or peanut butter or grated cheese or grind coffee or fingers.

FIELD'S
Reading Terminal
WA 2-2848

Fresh spices in season, weedy outdoor chives that are much stronger and longer-lived than those hothouse supermarket ones, fresh coconut or horseradish ground to order, fresh catnip that will waste your cat instantly, and fresh peanut butter ground before your very eyes. Also Irish dulse — a red seaweed eaten raw which prevents goiter (if you're afraid of goiter) and tastes interesting if you're interested in salty things.

GARY'S INTERNATIONAL FOODS
790 Garrett Road
Upper Darby

Armenian, Greek and Israeli foods. Lah-Ma-Jun and Kufita.

INDIAN SUPER BAZAAR
4101 Walnut
BA2-1111
Hours: T-F: 12-7 Sa: 10:30 -7 Su: 11:30-6 Closed Mondays

Anything you need to cook an Indian meal. From a prepared curry that only needs onion, ghee and meat added — to whole spices and herbs for the person who likes to spend all day in the kitchen. Chutneys, dessert mixes, raw nuts, whole spices, ground spices, whole grain rice, whole wheat flour, ghee, darjheeling tea, gharam masala, herbs, canned mango coconuts, even bamboo shoots and lychee nuts. Prices are some of the cheapest in the city (4 oz. of dried whole chilis cost \$.90). They have saris and Indian albums, too. The smell of spices stays on your clothes after you leave.

J & J FOOD IMPORTS

1014 Federal Street

Imported delicacies from Lebanon, Mexico, Italy and Argentina. Lebanese bread, Mexican tortillas.

JOSE'S FOOD MARKET

1742 Green Street

Spanish-American — vegetables and meats.

LOCASCIO PRODUCE

949 S. 9th Street

WA 2-5168

Sells spices in much smaller quantity than Spice Corner up the street — making it a good place to begin buying new things that you're not sure you'll use again. Excellent low-priced shallots, garlic, nuts dried fruits and dried beans. If you've been using canned beans for things like chili, try Locascio dried beans instead. They're not as hard as supermarket beans and cook much faster. Also try substituting Locascio's cranberry beans which taste much better in any recipe asking for kidney or pinto beans.

MANCUSO & SONS

1154 S. 9th Street

HO 8-2452

A small store which still makes its own mozzarella and ricotta cheese. These cheeses are much softer, meltier and heavier than commercial cheeses. They are made with whole milk instead of skim milk, so they have more taste — and much better taste. Mr. Mancuso also makes his own baked ricotta (a rich, golden dessert cheese), a garlic and hot pepper ricotta which you'll love only if you love garlic and hot pepper, and a home-smoked homemade mozzarella which is an unusual and delicious snack cheese.

MARGERUM'S

Reading Terminal

WA 2-0543

The cheapest chopped truffles in Philadelphia. Lots of different

kinds of dried beans, and the easiest place to find red lentils for Indian foods. Also, frozen pita bread and gourmet foods from many other nations.

MICHELFELDER'S SAUSAGE SHOPS

Roosevelt Boulevard and Comly Road
Suburban Station Building
and other locations

All German wursts, popular Polish and Hungarian specialties.

ORIENTAL FOOD MART

909 Race Street
WA 2-5111

Of all the grocery stores in Chinatown, this has the widest variety of Oriental foods: Chinese, Japanese, Korean, even Indian and Filipino. Prices are generally much lower than Health Food Stores for such things as dried miso and bean sprouts. A sort of Spice Corner of the Far East, this is a good place to wander around in looking for gifts for friends who like to cook.

PENN HERB COMPANY

603 N. 2nd
WA 5-5336

If you can't find an herb or spice anywhere else — this is where it is. Along with books on naturopathy and water cures; fat-free, salt-free, meat-free, milk-free and/or cancer-curing diets; potency herbs, diuretics, and plants not on any governmental forbidden list which may or may not (depending on your imagination or resistance or ability to follow directions) be aphrodisiacs or euphoric. Cheapest, strongest and freshest ginseng in town.

R & W DELICATESSEN

128 S. 19th Street
F and Roosevelt Boulevard

Specializing in Jewish foods — kugel, cheesecake, lox, bagels, etc.

SPICE CORNER

904 S. 9th St.

WA 5-1661

Fancy teas, fancy coffees, a wide range of spices, nuts, honey, raisins and a hot fresh peanut roaster. One of the best places to find odd, attractive little food or food-related items as gifts.

SUPERIOR RAVIOLI

9th and Christian

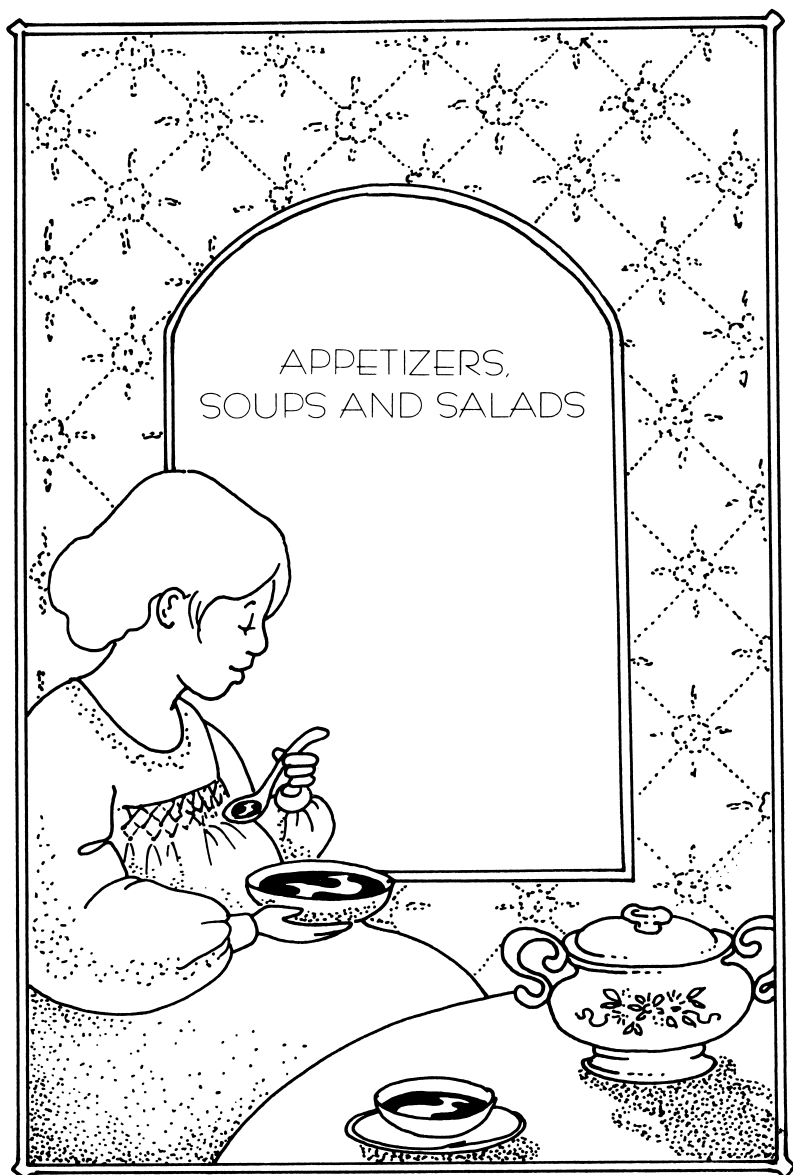
WA 2-3197

Superior Ravioli makes its own pasta. It costs more than supermarket spaghetti, but it has so much more wheat flour that it goes much farther. Stocks, ravioli, meat and cheese, a decent bottled spaghetti sauce and gnocchi, odd little noodle bits with meat inside them that are a delicious addition to almost any soup. Spinach noodles come frozen.

TUCK HING COMPANY

218 North 10th Street

Chinese Groceries.



BLUEBERRY SOUP

2 C. water	1 pt. blueberries
1/2 C. sugar	1 lemon, thinly sliced
1 cinnamon stick	1 1/4 C. sour cream

Combine water, blueberries, sugar, lemon and cinnamon in a deep saucepan. Bring to a boil; lower heat and simmer about 15 min. Put through food mill or puree in blender. Cool. Beat in 1/2 C. sour cream for each serving. Serves 5.

(This is not a sweet fruit soup.)

BUTTER DIPS

AMERICAN

1/4 lb. butter or margarine	2 1/4 C. sifted flour
1 t. sugar	3 1/2 t. baking powder
1 1/2 t. salt	1 C. milk

Melt the butter in a 12 in. x 9 in. x 2 in. baking pan and let cool. Sift the dry ingredients and sift a second time into a bowl with the milk. Stir this slowly with a fork - about 30 strokes - turn out on a well floured board or use two sheets of waxed paper on a table.

Knead the mixture 10 times and roll out to 1/2 in. thickness. Cut into strips 4 in. long and 1/2 in. wide. Dip the pieces in the butter and bake in same pan for 15 to 20 min. at 450F.

Bill Crawford

CHEESE STUFFED MUSHROOM CAPS

1/2 lb. small size fresh mushrooms
1 pkg. Boursin (or other herbed cheese spread)

Wash mushrooms quickly. Dry. Remove stems and save for another recipe. Stuff each mushroom cap with some of the cheese spread.

CHICKEN SOUP

JEWISH

Place 1/2 stewing chicken, 1 whole onion, a carrot cut in half, 2 stalks celery, parsley, salt and pepper in a pot. Cover with water and bring to a boil. Reduce heat and cover.

Cook for 1-2 hrs. Let stand for several hrs. Reheat when ready to serve.

CHILLED ASPARAGUS AND ALMOND SOUP

1 lb. can asparagus spears, drained	6 C. chicken stock, approx.
1/2 C. ground almonds	1/2 t. salt
1/4 t. pepper	

Reserve some of the asparagus tips for garnish. Put asparagus and half the chicken stock in electric blender and mix to a puree. Place puree, remaining stock, almonds, salt and pepper in large pan. Cover, bring to boil and simmer for 1 min. Strain soup and chill thoroughly. Serve in chilled soup bowls garnished with reserved asparagus tips.

It is easier to use commercially prepared almonds but freshly blanched and ground almonds taste better.

CREAM CHEESE SPREAD

AMERICAN

8 oz. pkg. cream cheese	1/2 C. butter
3 T. sour cream	2-3 anchovy fillets
1 t. capers	1 T. minced onion
1 T. prepared mustard	1 1/2 t. paprika
1 t. caraway seeds	1/2 t. salt

Cream butter, sour cream and cream cheese together. Mash anchovy fillets and capers; add to the cream cheese mixture. Blend remaining ingredients and add to cheese mixture. Mound in the center of a plate and decorate with sliced olives. Chill in refrigerator. Serve with crackers or pumpernickel rounds.

CUCUMBER AND ONION SALAD

2 lg. cucumbers, thinly sliced	1 med. onion, thinly sliced
1/4 C. white vinegar	1 T. sugar
salt and pepper	

Peel and slice cucumbers. Mix with onion in lg. jar; add water to cover and vinegar, salt, pepper and sugar. Cover jar with lid and place in refrigerator overnight.

ESCABECHE (Marinated Fish)

PUERTO RICAN

2 lbs. fish (haddock, sole, flounder)	2 onions, chopped
chopped olives to taste	1/2 C. olive oil
1/2 C. vinegar	

Steam the fish for 5 - 15 min., until it breaks apart easily. Drain fish and mix with the remaining ingredients. Place mixture in a covered bowl in the refrigerator 4 - 6 hrs.

Makes 4 servings as a meal.

(This makes a great appetizer - serve on a bed of lettuce. Serves 8)

Juan Santiago

FASTEST SOUR CREAM DIP

1 lg. container sour cream

1 pkg. Good Seasons Salad Dressing Mix (Italian, Garlic, etc.)

Mix ingredients and chill. Serve with potato chips.

GAZPACHO

SPANISH

1 green pepper, seeded and cut into pieces

6 fresh tomatoes, peeled and cut up

1 cucumber, unpeeled, seeded and diced

1 onion, chopped

2 cloves garlic

4 T. tarragon wine vinegar

1 ½ C. stock

½ C. red wine

¼ C. olive oil

salt and pepper to taste

Combine ingredients in a blender; whirl until smooth. Taste for seasoning and add to taste. Chill well. Serve as cold as possible with garnish to be added by the individual when served.

(Garnishes include: peeled, seeded, diced cucumber; finely chopped onion; seeded, diced green pepper; garlic - seasoned croutons.)

Serves 6.

HERBED FRENCH DRESSING

FRENCH

1 C. salad oil

3 T. lemon juice

3 T. chopped chives

1 t. crumbled tarragon leaves

1 clove garlic, crushed

3 T. wine vinegar

2 T. chopped green pepper

1 t. crumbled basil leaves

1 ½ t. salt

Mix

HOR D'OEUVRES AVOCADO-BACON-WRAPPS

AMERICAN

several ripe avocados
bacon strips (8 sl. per avocado)

Peel avocados, remove seed, and slice each one into eighths. Partially cook enough bacon strips so there is one strip per avocado slice. (The bacon should not be crisp.) Wrap one bacon strip around each avocado slice and fasten with a toothpick. Put the bacon - wrapped slices under the broiler for a few minutes to finish cooking the bacon and to heat the avocado. (Warning: don't over-do this last step - you don't want the bacon to crumble when your guests begin helping themselves.)

LEEK AND POTATO SOUP

3 leeks
6 peeled potatoes
2 onions

2 C. chicken stock or bouillon
salt and pepper
1 pt. milk

Quarter potatoes. Clean and cut leeks into 1 in. pieces. Slice onion. Cook vegetables in the chicken broth until they are soft. Put $\frac{3}{4}$ of the mixture into a blender and puree. Rice the remaining quarter into the mixture.

Return to pot and add milk. Season to taste and cook over low heat until hot. Serve with grated carrots as garnish.

LIVER SPREAD

If you make chicken stock with the chicken neck and gizzard and heart, put in the liver for only 5 min., then take it out and freeze it. Keep adding other livers - add a duck liver or two if you have them - and soon you'll have around $\frac{1}{4}$ to $\frac{1}{2}$ lb. of partly cooked livers. Grind them in a moule grinder (med. blade). Heat a stick of butter, chopped shallots, and chopped bits of gizzards or hearts, strings of neck meat, all the stuff you usually throw away. Add the ground up liver, a jigger of sherry or brandy, salt and put in a little pot or cup and refrigerate. This is a delicious spread on crackers, flat bread, etc. It is something like a pate, something like rillets, easy to make and impresses everybody.

Jim Quinn

MARINATED BLACK OLIVES

¼ C. wine vinegar	¾ C. olive oil
4 sl. fresh garlic	oregano (pinch)
basil (pinch)	salt to taste
8-oz. can black olives (pitted)	granulated sugar (pinch)

Mix dressing ingredients, pour over olives into 1 pt. vacuum-sealed jar. (Garlic slivers must be evenly distributed.) Let stand for at least 2 days. For longer storage, keep in refrigerator. (Oil will congeal but this is not a sign of spoilage.) Marinade can be used as dressing on salads.

Margery Velimesis

MARINATED SALAD

cut-up, cooked broccoli, mushrooms, cauliflower and asparagus

Marinate in a vinaigrette dressing over night. Serve on lettuce and top with sprouts (any kind you want).

Lisa Pack

MUSHROOM AND ONION SOUP FRENCH

4 T. fat	1 clove garlic
salt and pepper	½ C. cream (or milk)
2 bunches scallions	3 C. light chicken stock
2 C. mushrooms (not too firm)	pinch chopped tarragon

Melt the fat. Slice scallions, use green part and add with the garlic to the fat. Season and cook slowly (do not brown). Stir in the flour and pour in the stock. Stir until this reaches a boil and simmer for a few minutes. Rub through a strainer with the raw mushrooms. Return to pan and add the cream and tarragon. Reheat and serve.

Mimi Labes

MUSHROOM-BARLEY SOUP JEWISH

1 oz. dried European mushrooms	½ C. boiling water
1 lbs. short ribs	3 qts. water
2 T. coarse or Kosher salt	¼ t. freshly ground black pepper

6 peppercorns	2 bay leaves
2 lg. yellow onions, chopped	2 carrots, diced
2 ribs celery with leaves, chopped	½ C. barley
1 T chopped parsley	1 T. chopped fresh dill or
	1 t. dried dillweed

Pour the ½ C. boiling water over mushrooms and let stand.
Put 3 qts. water in lg. soup pot. Add all the ingredients. Slowly bring to a boil. Cover and cook on a slow flame for 3 hrs. Turn off and let pot sit on stove for several hrs. Reheat before serving.

PEANUT SALAD DRESSING

INDONESIAN

½ C. shelled, roasted peanuts, ground or finely chopped	
2 T molasses	2 T. soy sauce
3 cloves garlic, finely minced	pinch crushed dried red peppers
juice of ½ lemon	½ C. water
1 T peanut oil	

In a small saucepan, combine peanuts, molasses, soy, garlic, red peppers, lemon juice and water. Simmer gently 10 min. Remove from heat and beat in peanut oil. Chill before serving.

PESTO

ITALIAN

(This pesto recipe is unusual because it doesn't call for any cheese.)

½ C. olive oil or safflower oil	2 cloves garlic
1 C. coarsely chopped fresh basil	½ C. parsley
2 t. salt	pepper
¼ C pine nuts	

Place ¼ of oil into a blender. Add garlic and some of the greens. Whirl in blender until smooth. Repeat procedure, this time adding the nuts with the greens, until you've used up all ingredients. Pesto should be a thick, green sauce. (More or less oil may be needed.) Season to taste; serve over spaghetti.

PICKLED EGGPLANT

ITALIAN

eggplant, sliced in 1/8 in. thick circles	salt
4 T. olive oil	3 med. cloves garlic
oregano	fresh parsley
2 T. vinegar	

Salt each slice of eggplant and stack on a tilted chopping board to drain. After they've drained for about 30 min., squeeze the stack slightly to remove excess liquid.

In a frying pan heat oil and garlic, sliced lengthwise in half. Fry the eggplant at med. heat until brown. (You may need to add more oil as it is absorbed by the eggplant as it cooks.) Remove browned eggplant from pan and drain excess oil on a paper towel.

After all eggplant is fried, layer eggplant, sprinkled with oregano and parsley, in a bowl. Sprinkle top layer with vinegar, let stand for a couple of hrs. and refrigerate overnight. Serve chilled.

Honeydew Tortorici

PIROZHKY

RUSSIAN

(Russian vegetable or meat pastries- time consuming and fattening, but fantastic. Note: it is good to double the recipe.)

Dough:

¼ lb. butter

6 oz. cream cheese

¼ t. salt

1 C. plus 2 t. flour

1 egg

Start with semi-soft butter and cheese. Beat butter, cheese and salt; add flour. Knead and form a ball - add more flour to make it stop sticking to fingers.

Form a ball and put in waxed paper and refrigerate for at least 15 min.

To use, roll out (on floured surface) to thin layer. Cut into circles using the rim of a small glass.

Filling - Meat

1 chopped onion, fried

1 lb. boiled beef

1 C. beef broth

1 clove garlic

salt and pepper

cabbage, or other vegetables

Chop all these ingredients fine, combine and fill pastry.

Filling - Vegetarian

1 onion

½ sm. cabbage

1 stalk celery

1 green pepper

¼ C. sugar

2 hard boiled eggs

garlic

salt and pepper

Fry the vegetables in butter, mix with eggs and grind well. Fill pastry.

After filling the pastry, pinch sides together to form half circles. Brush with egg and bake at 350F for about 25 min. until golden.

Carol Goldin

POTATO SALAD

GERMAN

Boil 6 potatoes; cool, peel, and dice. (pieces should be ½in. cubes.)
Grate in raw onion to taste. Add salt, pepper, ½C. olive oil and ¼ C. wine vinegar.

Cool overnight. Before serving, grate a carrot over the top. This serves 6 - the ratio is 1 potato to 1 person.

REMOULADE SAUCE FOR RAW VEGETABLES

FRENCH

1 C. mayonnaise
1 hard-boiled egg, sieved
1 t. chopped parsley

1 clove garlic, pressed
1 t. mustard
1 t. tarragon

Mix and let stand 1 hr. before serving.

SALAD ANTHONY

AMERICAN

1 avocado
whole wheat bread
mung bean sprouts
oil and vinegar
carrot sticks

cottage cheese
alfalfa sprouts
garlic powder
apple slices
butter

Slice avocado into long, thin slices. Place in bottom of a deep bowl.
Heap cottage cheese on top doughnut-style, leaving a hole in the center and sprinkle with sprouts.

Toast a piece of bread; butter and sprinkle with garlic. Cut the toast into croutons when cool.

Drop croutons into the cottage cheese hole and pour oil and vinegar over them. Garnish croutons with apple slices, avocado with carrot sticks.

Jed Myers

Slice avocado into long, thin slices. Place in bottom of a deep bowl. Heap cottage cheese on top doughnut-style, leaving a hole in the center and sprinkle with sprouts.

Toast a piece of bread; butter and sprinkle with garlic. Cut the toast into croutons when cool.

Drop croutons into the cottage cheese hole and pour oil and vinegar over them. Garnish croutons with apple slices, avocado with carrot sticks.

Jed Myers

SALADE NICOISE

FRENCH

Marinate cold, cooked, green beans in a vinaigrette.

While beans are marinating, mix:

Romaine and Boston lettuce

sliced tomatoes

sliced green peppers

sunflower seeds

alfalfa sprouts

black pitted olives (optional)

Add green beans to this and use the remaining vinaigrette as a dressing. For variety, add canned tuna chunks or cold, cut-up potatoes.

Lisa Pack

SEGAL'S SALAD SAUCE

6 sm. stuffed olives

6 sl. sweet pickle

1 radish

1 raw mushroom

1 cherry tomato

several pinches of garlic powder,
dry mustard and dill

1 pt. sour cream

½ lb. cheese, Roquefort or Bleu

2 oz. dry sherry

1 sm. chunk onion

Liquefy olives, pickle, radish, mushroom, tomato and onion in blender. Add garlic powder, mustard, dill and liquefy. Add cheese and grate in blender. Add 1 pt. sour cream and blend. Add the sherry and blend. Serve chilled. (This is delicious on any kind of salad, on baked potatoes, over broccoli, cauliflower, asparagus and other vegetables.)

Art Segal

SPONGE KNEIDLACH
(Light and easy matzoh balls.)

JEWISH

2 eggs separated
½C matzoh meal

1¼t. salt
1/8 t ginger

Beat egg whites until stiff. Continue beating while you add yolks gradually, which have already been beaten. Add matzoh meal and spices. (It is very important to let mixture stand for a few minutes because when you first mix the ingredients they look very fluffy but after a few minutes the mixture becomes condensed.) With a teaspoon, form balls and drop into salted boiling water or soup. Cover and cook for 15 min. Makes about 8. (Never try to make more than double the recipe at one time. The Kneidlach just come out too heavy

Judy Glick

SUPER EGG SALAD

AMERICAN

3 boiled eggs
1 t black pepper
3 strips crisply fried bacon

2 T. relish
mayonnaise

Combine all the ingredients. If you like, add grated cheese.

Marian De Berry

TOMATO AND ONION SALAD

AMERICAN

6 tomatoes
1 lg. onion
1 t. sugar
spices to taste

¾C. oil
¼ C. vinegar
salt and pepper

Pour boiling water over tomatoes and let soak for 1 min. Peel and slice thinly into a bowl. Slice onion thinly and add to tomatoes. Add oil and vinegar; sprinkle with salt, pepper, sugar and/or spices. Marinate for at least an hour before serving.

TUNA STUFFED TOMATOES

1 pkg. cherry tomatoes
paprika

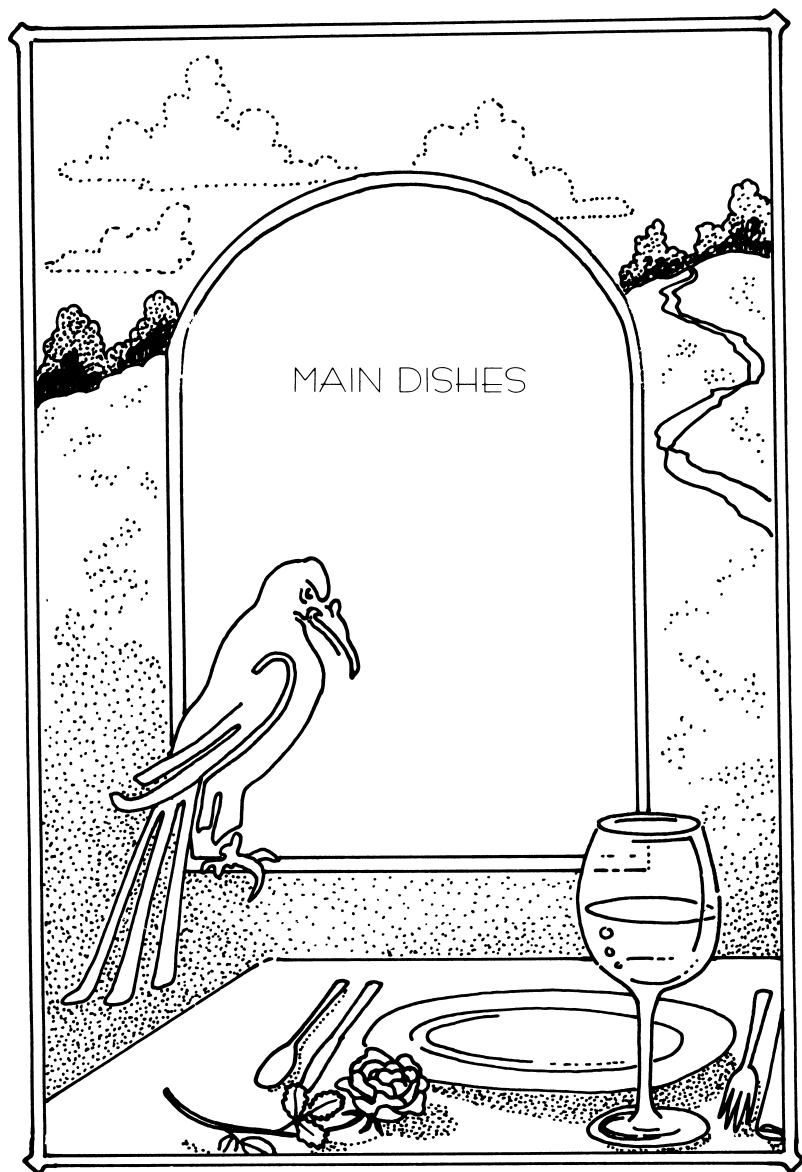
tuna fish salad

Wash tomatoes. Cut off bottoms, squeeze out seeds, turn open side down and drain for ½ hr. Stuff with tuna salad and sprinkle with paprika

WINE AND CHEESE SHRIMP SPREAD

8 oz pkg. cream cheese	4½ oz. can of shrimp, chopped
1/3 C. mayonnaise	2 T. white wine (dry)
1 t lemon juice	½ t. minced onion
½t. Worcestershire	1/3 t. salt

Blend all ingredients except shrimp until smooth and creamy. Add shrimp. Serve on crackers or melba toast



A CAREFUL SHEPHERD'S PIE

SCOTTISH

(This dish, which is traditionally made with lamb, can be made with a mixture of lamb and beef. This plus the addition of celery makes all the difference in the world.)

leftover lamb and beef	2 onions, ringed and diced
3 C. gravy (supplement with can if necessary)	
1 stalk celery, finely diced	salt and pepper to taste
2 C. mashed potatoes	2 T. fat
1 beaten egg	

Grease a 2-qt. casserole. Heat fat and lightly cook onion and celery before adding ground meat and gravy. Line bottom of casserole with thin layer of mashed potatoes. Fill with meat.

Place in oven preheated to 400F until it bubbles. Remove from oven. Whip beaten egg into remaining mashed potatoes and spoon onto top of casserole. Replace in oven and when thoroughly heated, broil until potatoes are lightly browned. Serve immediately. Serves 6.

A VERY GAY MEAT LOAF

(This is a mixture of meat loaf recipes by Alice B. Toklas, Craig Claiborn and me.)

5 lbs. ground pork and veal, or pork and veal and beef in equal amounts
(This can be bought at Pantry Pride, where they will mix it up for you or at Penn Fruit where they usually will not - it's called meat loaf.)

1 bottle of chili sauce	1 pt. sour cream
salt	pepper
nutmeg	summer savory

Mix these ingredients in with the meat. Mix gently and loosely so that the air doesn't get compressed out of the meat. The mixture should not be too homogeneous.

5 pkg. fresh spinach
(optional) if you are rich this week, substitute 1½ pts. fresh quartered mushrooms for one of the pkgs. of spinach.
(optional) 6-8 hard boiled eggs

Have ready a large pot (the biggest you own) of boiling water with 1 T salt added per qt. Take the fresh spinach, which you have washed well, and cut the stems off (the stems can be boiled and chopped and added to the meat, saved for making soup, or thrown away). Put handfuls of the spinach in a strainer or collander and dip for 5 seconds in

Interview with Michael Goldberger
by Molly Frantz

When he's alone, Michael Goldberger tends to eat very simply, mostly protein. When he has friends or professional colleagues to dinner — about once a week — you'd wish you'd been included! It's not so much the *act* of cooking Michael enjoys as the pleasure derived from doing something nice for people — and the subsequent enjoyment of eating and talking together.

Michael is a gay activist, a scientist who does brain research at the Medical College of Pennsylvania, a member of the People's Fund and a gourmet cook. Since he grew up in a home where men never set foot in the kitchen, how did he acquire this interest?

"Since my mother worked," Michael says, "one of her students lived with us, generally to look after me. I was terribly fond of her and wanted to do something to please her. I'd already begun to reject the typical 'boy' pursuits, and one day — I guess I was about 12 — I cooked breakfast. Even then, for me cooking was something you did *for* someone to show that you liked or appreciated them."

It's not so unusual now to see men in the kitchen, although in Michael's opinion, gay men tend to be more elaborate cooks.

But how do people react to his ability to turn out gourmet meals?

As a gay activist, Michael is naturally interested in breaking down sex-role stereotypes, and he finds that reactions differ. Professional colleagues are sometimes a little uncomfortable in the face of evident talent in the kitchen, a talent which is sometimes translated into yet another stereotype: All the best chefs are men.

And political friends, while more accepting of a man cooking well, have not necessarily struggled with the sex-role implications. A letter to *MS.*, published in an issue on men, quoted a woman who was married first to a fascist, then to a communist: "neither of them took out the garbage."

But cooking should be a little more fun than taking out the garbage, and Michael feels that gay men may cook elaborately in an attempt to establish an identity or to express themselves. A certain openness to traditionally female pursuits may also lead them to try cooking — to do what women do. Also, cooking for people in your own house is a way of establishing your home; and gay men, without the usual traditions of a family lifestyle, may be looking for their own methods of familial expression.

Is fancy cooking a luxury?

Yes and no, says Michael. It does take time and attention, but it's also a good way to dress up and vary modest food. A filet mignon

stands alone, but you have to do *something* to tough meat.

But what does Michael particularly like to cook?

"I mostly enjoy cooking things that have associations for me," he says.

"Pflaumen Tzimmes, for instance, is a pot roast made with prunes which I heard about and tried to put together. I like doing it because it's Jewish, and although I'm not a Zionist or religious, I have a cultural interest.

"Paella is a nice meal to cook because it's a communal meal. In the coastal towns of Spain, the women would put on a big pot of rice and as the men came home from fishing — whatever was in the catch went into the pot."

Michael's "Gay Meatloaf" (See page 24) is also a favored dish — one which is fast becoming famous among his friends. Based on recipes by Alice B. Toklas and Craig Claiborne, he makes it frequently because "Besides tasting good, Alice was a gay sister. It's fun putting it together because of her."

Gay Activist Alliance works to end discrimination against gay people. It has developed a Gay Rights Bill which would empower the Philadelphia Human Relations Commission to monitor discrimination against gays. This bill was not ratified in the last two sessions of City Council. It will be reintroduced in the next session. GAA also does education work, does social activities as alternatives to exploitative gay bars.

the boiling water. Each time put the dipped spinach aside and repeat the process until all the spinach has been dipped. Toss the spinach (and mushrooms) after having wrung out the water into the meat. DO NOT OVERMIX and do not try to get the spinach evenly mixed into the meat - there should be pockets of spinach in the meat.

Put the mixture into a huge broiling pan (disposable aluminum is fine) or several smaller ones. Leave space for the melted fat. (Insert boiled eggs gently into the mixture and cover them with it.) Spread this with a thin coat of sour cream.

You can cover the surface with bacon slices if desired.

Bake at 350F for about 1 hr.; test done-ness by sticking a fork in. During baking, spill out the melted fat which the store included in your meat. Boiled carrots are a good side dish.

Michael Goldberger

ALMOST INSTANT PIZZA SANDWICH

1 sl. rye bread	spaghetti sauce
oregano	italian seasoning
crushed red pepper	Muenster cheese
(for hot taste)	

Toast rye bread for about 60 seconds. Cover bread with sauce. Sprinkle oregano and seasonings over the sauce. Cover with Muenster cheese. Put the pizza on aluminum foil and broil until cheese is cooked (it turns brown).

For a variation, use a sl. of tomato instead of the sauce.

BARBECUE BEEF

AMERICAN

1 sm. green pepper, sliced	2 tomatoes, peeled and sliced
2 med. onions, sliced	1 C. water
2 T. flour	¼bottle prepared Barbecue sauce
pinch allspice and oregano	1 t. vinegar
1 t sugar	1 can beef broth
sliced left-over roast beef	

In small saucepan, cook tomatoes, green pepper and 1½ onions in the water. Simmer for about 10 min. In a frying pan, saute the ½ onion that's left in butter. When the onion is golden, add the flour and stir until the flour has absorbed all the butter. Add the stewed vegetables with their cooking liquid a little at a time, stirring to keep the mixture smooth and thick. Add all other ingredients except the beef and simmer for ½hr. During the last few min., add the beef, but only long enough to warm it up. If you allow it to simmer for too long, it will toughen.

Serve over rice or noodles.

BARBECUE SAUCE

AMERICAN

(This is the best ever rich, thick, southern-style barbecue sauce.)

2 T. butter, oil, or margarine	1 large onion, chopped
4 cloves fresh garlic, chopped	

Saute together in a med. sized saucepan, preferably heavy weight. Cook until onion is tender.

½ C. chopped celery (or 1 t. celery salt or celery seed)	
½C. chopped green pepper	1 1-lb. can tomatoes
1 8-oz. can tomato sauce	1 bay leaf
3 T. molasses	2 t. dry mustard
1/3 C. vinegar	½t. cloves
½t. allspice	2 sl. lemon
2 t. tobasco sauce	3 T. Worcestershire or A-1 sauce
dash salt and pepper	2 T. sugar, honey or corn syrup

Add all ingredients to onions and garlic. Simmer slowly for at least 15 min.

This is especially good on grilled chicken, but can be used to baste other meats and fish over charcoal. (And has even been eaten as a dip for celery just as is.)

Simone Shuster

Interview with Rafi Rivera

by Jim Quinn

"Like no Puerto Rican can give you how many teaspoons of this and that. When I'm cooking, I'm hyper; it's like a bee," says Rafaela Colon Rivera, "Rafi" to her friends. She just moved into a new house.

"This is nice, but not my style, this house. I like the ghetto where I always lived. But we make ourselves at home. The FBI does too; they found me — two days after we moved in — knocking at the door, asking me, 'Are you Rafaela Rivera?' 'I don't have nothing to say to you,' I tell them, and they go back and park out front.* *Sofrito* is the most important part of Puerto Rican cooking, like a flavor we use with everything. You can buy it canned, or make it yourself, or in the supermarket half-made in little plastic cups that you add your *achiote* and oil to. *Recao* is the name of the plant in sofrito, and it's chopped up leaves; *achiote* is a red seed, we put that in oil and heat it in a special little pot till the oil turns red. The oil goes on rice — we don't make rice steamed like the orientals, but cooked with oil and sometimes burned a little on the bottom. The burned part I like. But the rice has to be right — you know we eat lots of it with every meal, and we don't want no plaster.

"The women mostly do the cooking. But my husband cooks here; sure, sometimes he makes pancakes and eggs for dinner, but it's still good food. I never complain. My father — my mother first saw her house the day she moved into it, that's the way my father used to be: a woman's place. Then my mother had a heart attack, and I would go over and have to cook for them. But I could only do it til the baby came. So he would say, 'Just make me a little sofrito,' and he must have watched or been fooling all the time — because that man *burns* in the kitchen.

"And of course, now, according to him, he cooks everything better than anybody and nobody else makes it right — why argue? Sometimes women help to oppress themselves and if men like to be in the kitchen . . .

* *Rafi is a member of the Puerto Rican Socialist Party, an organization whose primary goal is an independent Puerto Rico, free of any control by the United States. That alone should explain the FBI's interest in her. The PSP also works against all forms of discrimination or second class treatment of Puerto Ricans in the U.S. They have been engaged in many struggles to win, then maintain, bilingual education programs. The PSP is currently involved in the campaign against forced sterilization. The Philadelphia Chapter of the Puerto Rican Socialist Party is a People's Fund Cooperating Group.*

“Only I don’t think you could learn to cook from a Puerto Rican cookbook, even if you did find one in English — you would just have the recipes. But what’s that? What’s that to all the TLC we add to it? So if you ask me how to make sofrito, I just have to say: some of this, some of that, not too much, sometimes, sometimes as much as you want, and, you know, you enjoy yourself, you forget everything else, you have a good time, you *cook!*”

BEAN STEW

PUERTO RICAN

Sofrito

(This is a combination of spices used to give many vegetable dishes flavor.)

1 T. oil	1 oz. salt pork, diced
2 oz. cured ham, diced	1 onion chopped
1 green pepper, chopped	2 sweet chili peppers, chopped
2 garlic cloves, minced	6 fresh culantro leaves
¼ t. crushed oregano	

To prepare Sofrito, heat oil and brown the meats. Add other ingredients and saute 8-10 min., stirring occasionally.

1 lb. dried navy beans (or other) 8 C. water

¼ t. crushed oregano
2¾ t. salt

¼ C. tomato sauce
¾ lb. pumpkin, peeled and cut
into pieces

Wash beans thoroughly and discard imperfect ones. Soak overnight in a large quantity of water. Drain and rinse. Put in 10 qt. casserole with water and pumpkin. Boil, covered for 1 hr.

When beans are almost tender, mash pumpkin. Add Sofrito, tomato sauce, salt and mashed pumpkin to beans. Cook 1 hr. uncovered, until mixture thickens.

Helga Krauss

BEEF STEW

red wine
1 beef roast
onions
peas
spices

salt and pepper
potatoes
carrots
flour
oil

Cut beef into 1 in. cubes. Dip in flour seasoned with salt and pepper. Brown in a pot with oil.

Add water and red wine in a 2:1 ratio to cover meat. Bring to boiling point, cover and reduce heat. Simmer for 1½ hrs.

Add potatoes, onions, carrots, peas, garlic and spices. Cook for another hour.

Steve Perloff

BEEF STEW

AMERICAN

½ C. flour	1 lb. stewing beef, cubed
1 clove garlic, minced	3 carrots, sliced
1 can beef consommé (or 1 bouillon cube) and 1 can water	
1 T. Worcestershire Sauce	1 T. lemon juice
½ t. pepper	salt to taste
1 bay leaf	3 lg. potatoes
6 sm. white onions (whole)	1 pkg. frozen green peas
1 can sliced mushrooms (or sliced fresh mushrooms)	

Dredge beef cubes in flour. Add to hot oil in large pot; brown on all sides. Add Worcestershire, lemon juice, salt and pepper. Stir and saute a little longer. Add the beef consommé, water, and bay leaf. Cover. Lower flame and simmer for 1 hour. Check occasionally and add more water as needed. After the first hr., add potatoes and whole

onions.. When potatoes are done (approx. 10 min.), add peas and mushrooms. Return to boil; cook 5- 10 min. more. Thicken with a paste of flour and water.

To make paste: 1 T. flour to $\frac{1}{4}$ C. water to make smooth paste. Stir into bubbling stew, cook a few more minutes until gravy thickens.

BEEF WITH GREEN PEPPERS

CHINESE

1 lb. flank steak	4 lg. green peppers
2 dried black mushrooms	3 T. soy sauce
$\frac{1}{2}$ t. corn starch	1 t. Hoisin sauce
1-2 dried chili peppers (optional)	4 T. oil (if using wok)
oil to cover (if using pan)	

Place mushrooms in boiling or extra hot water and soak 10-20 min. Cube the steak (should be $\frac{1}{2}$ -1 in. on a side.) Blend the soy sauce and cornstarch until smooth; coat the steak with mixture. (If steak doesn't seem coated enough, mix more soy sauce and cornstarch in the proportions of 2 T. to 1 t. and add.)

Dice green peppers or cut into strips, whichever you prefer. Drain black mushrooms and squeeze out excess water. Cut off and discard stems, then dice.

In wok, place 2 T. oil; in pan, enough to coat the bottom. Turn heat to high and heat. Add marinated beef, turn heat down and cook until there is no pink left in the meat. Remove beef, leaving drippings in the pan.

Add 2 T. of oil to wok (or cover pan) and add the hoisin sauce and cook, stirring, for 1 min. Add peppers, mushrooms and chilis. Cook until heated (about 2 min.). Return beef to pan. Cook, stirring, one more min. Then serve.

Harry Glick

BEEFSTEAK AND KIDNEY PIE

ENGLISH

2 lb. shin of beef or	$1\frac{1}{2}$ lb. round steak
1 beef kidney, sliced, or	6 lamb kidneys
2 T. flour	2 T. red wine
1 can beef gravy	2 onions, diced
$\frac{1}{2}$ lb. fresh mushrooms, sliced (option.)	salt and pepper to taste
1 sprig of thyme	1 T. chopped parsley
pastry or soft dough	

Prepare kidneys by removing membrane and soaking in cold salted

water. Toss meat in seasoned flour. Braise onions, mushrooms in fat; then add meat briefly, until lightly browned on all sides. Put into casserole with thyme and parsley. Add 1 can of beef gravy and 2 T. red wine. Cover and bake at 350F for 45 min.

Remove casserole lid and top with either pastry or soft dough. To keep the pastry lid from sinking, put an inverted egg cup in the center. Serves 6.

(BLUE) FISH FILLETS

(Blue fish have been more affected than any other by kepone; perhaps by next summer kepone levels will have gone down again. In the meantime this is an easy way to cook any fish fillet.)

oil
garlic

butter

Preheat the oven to 500F. Spread aluminum foil over the bottom of the broiler pan, then oil. Add the fillets, cut side down. Oil the skin side. Turn oven to broil and put in broiler for 2-3 min. -- until skin starts to blister. Turn fillets over, rub with garlic you have put through a garlic press, and dot with butter. Put back in broiler. Blue fish is excellent rare - almost raw in the center like a steak. (Mullet is also good this way.)

Jim Quinn

CHAWAN-MUSHI

(Chicken and Vegetable Custard)

KOREAN

3 C. chicken stock	2 t. salt
1 T. soy sauce	¼t. ajinomoto (MSG)
½t. sugar	1 T. Mirin (sweet sake)
1 egg (well beaten)	1 lg. chicken breast
3 dried mushrooms (shiitake) softened in water and cut in quarters (save juice)	
1 sm. bamboo shoot, cut in half lengthwise and then diagonally into thin slices	
6 slices Kamaboko (fish cake) cut in half to make fan shape	

Season chicken with:

½t. salt
1 t. mirin

dash of ajinomoto

Seasoning for cooking mushrooms and bamboo:

½ C. mushroom juice	1 T. soy sauce
1 T. sugar	dash ajinomoto

Slice chicken into thin bite size pieces, sprinkle with ½ t. salt, 1 t. Mirin and dash of ajinomoto. Parboil and set aside.

Bring chicken stock to boil and season with salt, soy, ajinomoto, sugar and Mirin. Cool and add to well beaten egg. Set aside.

Divide chicken and other ingredients into 6 equal parts. Arrange chicken into 6 Japanese custard bowls with mushroom, bamboo shoots and Kamaboko artistically. Pour soup slowly into bowls without disturbing ingredients. Fill bowls ¾ full.

Set bowls in pan of boiling water (water level should be half the height of the bowls). Cover each bowl. Cover pan and steam for 12 min. Serve hot.

Bill Kishi

CHICKEN CACCIATORE

ITALIAN

Sauce .

¼ C. olive oil	1 garlic clove, minced
1 can tomato paste	1 lg. can tomato sauce
¼ t. pepper	½ t. salt
1 T. oregano	3 T. parsley
¼ C. grated, parmesan and romano cheese	
1 bay leaf	pinch basil
pinch red pepper, dried	

Saute garlic in oil. Add remaining ingredients and simmer 2½ - 3 hrs.

2 lbs. cut up chicken	oil
1 T. vinegar	2 cloves garlic, minced
1 t. oregano	½ green pepper, chopped
½ C. chopped onions	

Brown chicken in oil. Pour off fat. Add sauce and other ingredients to chicken and cook over low flame, covered, for 45 min. Cook uncovered for 10 min. or until sauce thickens.

CHICKEN CARDAMON

INDIAN

Masala

1 C. unflavored yoghurt

seeds of 12 cardamon pods or 1 t. cardamon seeds
 2 T. scraped, finely chopped fresh ginger root
 1 T. finely chopped garlic 1 t. fennel seed
 ½ t. ground hot red pepper

Chickens

2 chickens, 2½-3 lbs. each	4 t. salt
½ t. saffron threads	3 T. boiling water
½ C. ghee or margarine	3 in. piece cinnamon stick
2 whole cloves	2 C. finely chopped onions
½ C. cold water	

Prepare masala by combining ingredients in an electric blender and blending at high speed for 30 seconds. Scrape sides of jar with spatula and blend again until spices are pulverized and masala reduced to a smooth puree.

Pat the chickens completely dry inside and out with paper towels and truss them securely. Rub the salt firmly into the skin of both birds and place in a large shallow baking dish. Spread masala over the skins of the chickens. Marinate at room temperature, for at least 2 hrs.

Meanwhile place saffron threads in small bowl or cup, pour in boiling water and let soak for 10 min.

In heavy casserole large enough for the chickens to lie side by side, heat the ghee over moderate heat until a drop of water splutters instantly in it. Add the cinnamon and cloves and cook, stirring until they are evenly coated with ghee.

Add onions and stirring constantly, fry for 7-8 min., until they are soft and a delicate gold color. Watch for any sign of burning and regulate the heat accordingly.

Place the birds in the casserole, pour in the masala, and add the saffron and its liquid. Turning the chickens frequently, cook over moderate heat for about 10 min., or until the birds color lightly without browning and the ghee separates from the masala and rises to the surface. Stir in the ½ C. cold water and bring to boil over high heat.

Immediately reduce the heat to low. Cover casserole with piece of aluminum foil, crimping it at the edges to hold it securely, and set the lid firmly in place. Cook for 30-35 min., or until the chickens are tender but not falling apart. Remove the casserole from the heat and let chickens stay covered for 15-20 min.

To serve, transfer the chickens to a platter, discard the cinnamon stick and cloves, and cover the birds with the remaining sauce.

CHICKEN CURRY

INDIAN

2 lb. chicken breasts	1 t. ground turmeric
1 t. ground cumin	1 clove garlic, crushed

1½ C. plain yogurt	2 T. butter or margarine
1 onion, sliced	¼ t. ground cloves
1 t. ground cinnamon	salt
1 dried red hot chili pepper, crushed	

Skin and bone the chicken breasts and cut into bite size pieces. Blend turmeric, cumin and crushed garlic with 1 C. yogurt. Marinate chicken in this for 1 hr.

Heat butter or margarine in a flameproof casserole. Sauté onion until soft, but not brown, a few min., then add the chicken and its marinade. Add a little salt.

Cover and cook in a 325F-350F for 1½ hrs. or until tender. Stir in an additional ½ C. yogurt just before serving. Serve hot with plain or saffron rice. This dish tastes better if you make it the day before you plan to serve it. You can store it overnight in the refrigerator.

CHICKEN STUFFED UNDER THE SKIN

(This is a recipe adapted from Richard Olney's French Menu Cookbook, and once you try it you will never stuff chicken the old way again.)

1 chicken
1½-2 times the normal amount of stuffing

Cut the chicken down its backbone, grab with both hands and force open so it lays reasonably flat. (You should hear a small cracking noise as the breast bone snaps.) Now take your hand and inch it under the skin, starting at the top of the breast. (You'll be surprised how easy it gives way and stretches.) Put your hand all the way down until you loosen the skin around its leg too. There is a sort of thin line running down the center of the breast which is very hard to separate on a fresh bird; so don't separate it. Stuff the chicken under the skin with your favorite stuffing - you will use more than you do stuffing the chicken in the body cavity. Roast at 400F until done, approximately 1 hr. It is not necessary to butter the skin, though you can do it if you want, but a little wine poured over the chicken will do just as well. Because the breast is protected under all the stuffing it is moist and tender. Because the skin is lifted away from the flesh, it gets brown and crisp. If you have them, roast the chicken over mushrooms, sliced carrots, or best of all, sliced parsnips - which will flavor the chicken and pick up flavors

from it. To serve, cut into quarters. This makes a very big and spectacular meal for two if you use a small broiler chicken and serve it cut in half.

You can make this same recipe with the chicken breasts alone, if you want. Simply buy the cheap breasts, with all the bone, crack open and stuff. Cook at the same temperature, around 3/4 hr. Makes a cheap and very fancy looking meal, especially if you cook them on a bed of mushrooms with a shot of red wine, or - better yet- a dry sherry poured in the pan.

Jim Quinn

CHOLENT

JEWISH

2 lbs. big, dry lima beans
8 med. to lg. potatoes
8-10 lbs. chuck roast

Wash beans and cover with water; leave overnight to soak. Put in roaster or dutch oven with water. Season beef with garlic; drop in pot and cover. Roast in oven or on stove for 25 min. per lb. of meat. When done, remove meat and beans and wrap in foil. Put peeled potatoes in pot; cook 1 hr. Slice meat, put back in pot with beans and heat. Serves 8 or more.

Art Segal

CHOPPED LIVER

JEWISH

1 lb. chicken livers	1 lg. diced onion
½ t. paprika	salt
6 hard boiled eggs	

Saute onion in butter until golden; add chicken livers and spices. Cook until livers are done. Put all ingredients through a food grinder or blender. Decorate with chopped hard boiled eggs.

CLARA'S PASTA

6 chunks garlic	1/8 C. olive oil
15 oz. tomato sauce	2 t. sweet basil
1 sprinkle garlic salt	2 t. oregano
¼ C. onion, minced	3/4 C. 7-Up
½ lb. pasta (any style)	½ lb. ground beef
6 oz. mushroom caps	salt

To make the sauce, brown garlic chunks in oil, add tomato sauce and 1 t. each of the basil, oregano and sugar. (Rub the basil between your fingers before you blend it in the sauce.)

When the spices are blended, add garlic salt, ½ C. 7-Up, stir and allow the sauce to simmer for 20 min.

Throw the pasta into 3 qt. of heavily-salted boiling water. As water reaches its second boiling point, lower heat and allow to simmer for 15 min. Pasta will be *el dente* when finished. Simmer longer for softer pasta, less for firmer.

Brown the ground beef in a drop of oil with minced onion, remaining basil, oregano and salt to taste. Add ¼ C. 7-Up, mushroom caps and allow mixture to simmer for 10 min.

Drain the pasta, toss it into a casserole dish, add the meat and sauce mixtures and serve. Serves 4.

Duffy Michaud

COD STEAKS

4 cod steaks, cut thin

white wine

Stuffing:

breadcrumbs

chopped celery

tarragon

butter

onions

salt and pepper

Stuffing:

Cook butter and onions, add all other ingredients to make a reasonably dry mix. Mushrooms are a good addition, chopped parsley, grated Parmesan cheese, celery seed, but no other spices.

Steaks:

Pour white wine in a baking dish - a C. of Almaden will taste good and observe the grape boycott. Make a sandwich of 2 cod steaks - with stuffing in the center. Put a lump of butter or margarine on top of each sandwich and bake at 300F for ½ hr. or ¾ hr., depending on the thickness of the steaks. Mushrooms and shallots cooked in butter in the bottom of the baking dish, before you add the wine and fish, make this delicious.

Jim Quinn

COMPANY CASSEROLE

8 oz. noodles	2 8-oz. cans tomato sauce
¼ C. sour cream	1 T. chopped green pepper
1 lb. hamburger	1 C. cottage cheese
1/3 C. chopped green onions	3 T. butter
8 oz. cream cheese (optional)	

Grease a 2 qt. casserole and preheat oven to 350F. Boil the noodles and drain.

Brown the hamburger in 1 T. butter and stir in tomato sauce. Remove from heat. Combine the cheese, sour cream, onions and green pepper in buttered casserole. Spread ½ the noodles and cover with cheese mixture. Add another layer of noodles and put the hamburger tomato mixture on top. Bake 20 - 30 min. Makes 6 generous servings.

Mimi Labes

CORNISH HEN

AMERICAN

1 honeydew or canteloupe	1 Rock Cornish Game Hen
1/3 C. raisins	coriander
white pepper	

Halve the melon and scoop out half. (You may want to take out a little more because you are going to fit the hen into the melon.) Make a sauce with the scooped out melon, raisins, coriander and white pepper. Put the hen into the melon and cover with sauce. Bake at 375F for 35-45 min. Serve with saffron rice or ratatouille.

Marvin Berman

CURRIED THIGHS

1 lb. chicken thighs	½ t. curry powder
1 t. minced onion	½ t. poultry seasoning
1 T. butter	

Boil thighs 45 min., drain. Brown minced onion in butter, add chicken thighs. Sprinkle curry powder and poultry seasoning over chicken and brown.

Serve in a bed of wild rice. Serves 2.

Duffy Michaud

DAY OLD BREAD AND HARD SHARP CHEESE

AMERICAN

8 sl. hard bread (You can dry out some soft bread in oven if need be.)

6-8 oz. sharp cheese, grated

3 eggs

dash salt

dash pepper

dash paprika

¼ t. dry mustard

2 C. milk

1 sm. onion, grated

1 t. parsley, chopped

2 T. Parmesan cheese, grated

(optional) 1 C. sm. pieces of ham, crab, shrimp or the like

Cut or shred bread into small, cubesize pieces. Place in buttered, 1 qt. casserole. Sprinkle hard cheese on top of bread. Beat eggs together with salt, paprika and dry mustard; add milk. Sprinkle grated onion and parsley on top of cheese. Pour egg-milk mixtures on top of everything else. Let stand for 1 hr.

(Before ready to bake, cooked shrimp, etc. can be plunked into the casserole for a tasty addition.)

Bake at 350F for about 1 hr. Serves 4.

Simone Shuster

GREEK CHICKEN

2-3 lb. frying chicken, cut in pieces

2 T. butter or margarine

2 T. olive oil

1½ t. salt

¼ t. freshly ground pepper

1 16oz. can Italian plum tom.

1 t. cinnamon

juice of 1 lemon

Dry chicken pieces thoroughly with paper towels. In lg. frying pan, heat butter and oil over high heat. Add chicken pieces and brown quickly on both sides until golden. Add salt and pepper.

Add tomatoes, cinnamon and lemon juice, cover and simmer over low heat about 30 min. or until chicken is tender.

HERBED OMELETTE

fresh basil

eggs

fresh pennyroyal

fresh parsley

Chop herbs finely. Measure equal amounts of each herb and add to beaten eggs. (For 2-3 eggs, use about 1 t. herbs altogether.) Heat the omelette pan, add shortening and cook.

HUNGARIAN STEW

EASTERN EUROPE

1 lb. stewing beef, cubed
1 onion, sliced
pinch of thyme
1 sm. can tomato paste
salt to taste

3 T. flour
1-2 cans beef broth
1 T. wine vinegar
½ C. red wine

Dredge beef cubes in flour. Brown beef cubes in hot oil. Add onions. Saute. Add the beef broth and simmer for 2 hr. Add water as needed. Add the thyme, salt, vinegar, tomato paste and wine. Add water, again, as needed. Cook 1 hr. longer over a low flame. Serve over noodles.

INDIAN LAMB KEBOBS

2 lbs. boneless leg of lamb, cut in 1 in. cubes
2 C. plain yoghurt
1 med. onion, chopped
2 t. ground cumin
¼ t. freshly ground black pepper
2 t. finely minced gingerroot or 1 t. ground ginger
1 t. turmeric
¼ t. ground clover

3 T. butter or vegetable oil
1 clove garlic, finely minced
¼ t. crushed red peppers
1 t. salt
½ t. ground coriander
juice of 2 limes

Combine lamb cubes and yoghurt, mix well, and marinate overnight.

In small pan, heat butter or oil; add onion, garlic, cumin, red peppers, black pepper, salt, gingerroot, turmeric, coriander and cloves and saute 5 min. over moderate heat. Cool slightly.

Remove lamb from yoghurt, wiping off most but not all of the excess yoghurt from cubes. Pour spice mixture over lamb, mix well, and marinate 4-6 hr.

Thread lamb on skewers and broil over hot charcoal, turning once about 4 min. on each side.

Sprinkle Kebobs with lime juice and serve with saffron rice if desired.

JEAN BAKER'S KUGEL

JEWISH

1 lb. fine noodles, cooked
1 8oz. pkg. cream cheese
16 oz. sour cream
1 t. vanilla
1 C. cinnamon-sugar

1 stick melted butter
1 lb. creamed cottage cheese
5 eggs
1 C. sugar

Beat butter, cheese and sour cream together. Add 1 egg at a time. Beat in sugar milk, noodles, vanilla. Butter the bottom and sides of 2 cookies trays liberally. Use $\frac{1}{4}$ C. of the cinnamon-sugar for each tray and coat with butter thoroughly. Reserve excess ($\frac{1}{2}$ C.) for top.

Divide mixture evenly into both trays. Sprinkle rest of cinnamon-sugar on tops. Bake at 325F for 40 min. Freeze. When ready to serve, heat at 350F for 20 min. Cut in squares, place on tray and serve. This serves 10.

Pepper Herman

JUDY'S QUICKIE CHILI

LATIN

2 lb. hamburg
1 lg. can corn
1 can tomatoes
salt
cornbread

2 huge onions
1 med can kidney beans
chili powder
hot sauce

Brown hamburg and onions. Stir in corn, beans, tomatoes and salt. Add chili powder and hot sauce to taste.

Mix up any CORN BREAD RECIPE, and pour over the chili. Bake according to corn bread directions. This serves 6.

Judy Adamson

KOREAN BEEF

4-5 lbs. cheapest pot roast, frozen (I usually use chuck roast.)

1 sm. bunch scallions, including green part, chopped

3 cloves garlic, minced or riced

2 T. soy sauce

1 T. salt

2 T. oil

Slice frozen meat across grain. When slices thaw, place between two sheets of waxed paper and pound with mallet until paper thin.

In large bowl place scallions, garlic, soy, salt, oil.

Put meat in sauce and marinate at room temperature for 1-24 hr. (If marinated more than 1-2 hr., place in refrigerator.)

Broil meat strips for 3 min. each side or until done. Add water to pan drippings for sauce or gravy.

Linda Kwon

LAMB CURRY

INDIAN

8 oz. dried apricots
4 T. butter or margarine
2 t. ground coriander
1 t. ground cinnamon

2 lb. boneless shoulder of lamb
4 onions, chopped
2 t. ground cumin
salt and pepper

Soak apricots in 2½ C. boiling water for 1-2 hrs.

Trim fat from meat and cut into 1 in. pieces. Heat butter or margarine in a heavy pan and saute onions until soft and golden, stirring continuously. Add lamb, increase heat and cook until browned all over. Add spices and cook, stirring for 2-3 min. Add apricots and water in which they were soaked. Season with salt and pepper. Cover, bring to boil slowly and simmer for 1½ hrs., or until tender, stirring occasionally. Serve hot with rice.

MACKEREL LOAF

2 cans mackerel (Find this at the supermarket, on the shelf near salmon.)
2 eggs
cayenne pepper
bread crumbs

chopped scallion
green pepper (optional)
¼ C. milk

Generously grease loaf pan. Shred mackerel with a fork and mix with other ingredients. Bake for 55 min. at 350F.

Rosemari Mealy

MAD'S CARROT GRAVY

AMERICAN

Cook a roast (beef), putting sliced carrots and whole pearl onions around it. When it's done, drain the juices and skim all but 3 T. of fat. Place fat in skillet with 2 T. flour - brown the flour. Add a sprinkling of Worcestershire Sauce and paprika. When flour has browned, turn heat up, add 3 C. boiling water and stir (the boiling water eliminates lumps). Add carrots and onions from roast and lower heat. Cook about 10 min., adding salt and pepper to taste. Serve over rice, mashed potatoes or macaroni and cheese. Delicious!

Miriam DeBerry

MARINATED BEEF

sirloin steak

Broil or pan fry to med. rare. Trim the fat and cool. Cut into 1/8 slices.

Marinade

1 C. sour cream
dash oregano
dash basil

1 med onion
garlic salt

Cut the onion paper thin. Marinate the cooked beef in this mixture for at least 2 hrs. Serve cold.

Bill Crawford

MEATLOAF

AMERICAN/IRISH

3 lb. ground beef
1 egg
½ C. beef broth
onion, chopped fine
carrots
paprika

3 C. oatmeal, quick
½ C. ketchup
2 T. parsley
celery
garlic salt

Cool the broth and mix with slightly beaten egg and all the other ingredients. Do not OVER mix. Bake in loaf pan.

MEAT LOAF

JEWISH

1 lb. ground chuck
1 green pepper, chopped fine
½ sm. can tomato paste
½ C. matzoh meal

1 onion, chopped fine
garlic to taste
1 egg
salt and pepper

Mix and bake at 350F for about 3/4 hr. in loaf pan. Serves 4.

Carol Goldin

MEXICAN RICE AND BEANS

¼ C. vegetable oil	1 med. yellow onion, chopped
1 med. green pepper, seeded and chopped	
1 C. converted long grain rice	½ t. chili powder
½ t. crumbled dried oregano	½ t. ground cumin
¾ t. salt	dash cayenne pepper
1½ C. boiling water	1 4oz. can tomato sauce
2 C. cooked dried or canned red kidney beans, drained	

In medium saucepan, heat vegetable oil over moderate heat. Add onion and green pepper; saute a few min. until lightly browned.

Add rice, chili powder, oregano, cumin, salt and cayenne pepper; saute, stirring, about 5 min. Add water and tomato sauce. Bring to boil, then cover and turn to low heat. Cook for 15-20 min., or until rice is tender and liquid absorbed. Add beans and mix well. Heat gently for a few minutes and serve.

MONTE CRISTO SANDWICH

1 egg	milk
2 sl. rye bread	swiss cheese
sliced turkey	butter

Make batter by beating egg and adding some milk. Beat again.

Dip rye bread in batter (one side only). Grill one piece of bread with the batter side closest to the flame. While it is cooking, put swiss cheese and turkey on top. When almost finished cooking, grill the second piece of bread. (Or, you can grill one piece with the cheese on top and the other with turkey.) When it has cooked, add alfalfa sprouts and make the sandwich (sprouts optional).

Lisa Pack

MOUSSAKA OR *PLAVIK PATHAZANA* IN YUGOSLAVIA

2 eggplants	3 tomatoes
1½ C. oil	8 eggs
1 onion	½ lb. pork
½ lb. beef	pepper
2½ C. milk	nutmeg
parsley	cloves

Pare eggplant and slice lengthwise. Sprinkle with salt and let stand 1 hr. (eggplant will sweat). Dry with paper towel.

Fry eggplant in batter by first dipping in flour and then in 2 eggs beaten with a tiny bit of water. Set aside while you saute onions and meat.

Add tomatoes to onions and meat and then add spices to taste.

Oil a lg. casserole dish and layer eggplant and meat, beginning and ending with eggplant. Beat 6 eggs, add milk and pour over mixture.

Bake at 375F for 1½ hrs., or until crust forms on top.

Optional

2 C. yoghurt

3 egg yolks

½ C. flour

1 t. cream of tartar

Mix and spread over cooked moussaka and broil until light brown.

Serves 8-10.

Terry Steele-Kalet

MOUSSAKA

SERBIAN

(This is a good, inexpensive version.)

6 sliced potatoes

1 lb. hamburger

1 C. milk

3 eggs

¼ t. nutmeg

1 t. parsley

1 onion

¼ t. cloves

Saute onion and hamburger; add spices.

Layer meat and sliced potatoes beginning and ending with potatoes in a large casserole dish. Mix eggs and milk together and pour over potatoes.

Bake in 375F oven until browned on top and custard is thick (about 1-2 hr.).

Terry Steele-Kalet

NOODLES WITH CREAM

ITALIAN

1 lb. green ribbon noodles

4 T. butter

2 egg yolks

1 C. grated Parmesan cheese

7½ T. heavy cream

freshly ground black pepper

(extra butter and cheese)

Cook noodles in salted, boiling water until tender but firm. Drain thoroughly and put into a large hot serving bowl. Add egg yolk, butter and cream; toss noodles lightly until their heat has 'cooked' the eggs and cream. Add pepper and serve with extra butter and cheese.

PEASANT OMELETTE

FRENCH

6 eggs
sliced spiced beef or ham

2-3 potatoes
shortening

Boil potatoes, peel and dice. Fry in some oil or other shortening. Season with seasoned salt and pepper. Put cut up meat in with the potatoes; cook until brown.

Beat 3 eggs in a bowl. Heat omelette pan; add oil or shortening and heat until warm. Add the beaten eggs, shaking pan occasionally. After 2 min., add half the potato and meat mixture. Shake the pan until the egg flips over. Cook on second side until done. Repeat with the other 3 eggs.

Makes 2 omelettes, serving 2-4 people.

PICADILLO

CUBAN

2 lbs. ground beef
water
1-1½ green pepper - diced
2 hard boiled eggs
steamed peas
dash or so vinegar or red wine

¾ oz. can tomato paste
1 onion, med., diced
green olives
raisins
capers (optional)

Seasonings:

Fresh garlic
salt
pepper
bay leaf

cumin powder
curry powder
onion powder

Brown beef, remove from pan, drain fat. Saute onions and peppers, and garlic. Combine beef and vegetables. Add tomato paste and a little water. Add handful of raisins, cut up olives and capers.

Add seasonings and wine. Let simmer for 15 min.

Serve over bed of white rice. Garnish with chopped egg and peas.

Muffin Friedman/Daisy Gonzalez

POTTED CHICKEN

JEWISH

1 onion, sliced
2 cut up chickens or chicken pieces
paprika
1 sliced celery stalk

oil
salt and pepper
1 sliced carrot
Tabasco

Worcestershire Sauce

soy sauce or chili sauce

peeled potatoes (You might want to cut them in quarters.)

Brown onion in oil. Brown chicken in same oil and add salt, pepper and paprika.

When chicken is brown add enough water to cover bottom of pot and to cover ½ of chicken. Add carrot and celery stalk. Add Tabasco, Worcestershire and soy or chili sauce. When water comes to a boil, add the potatoes. Cover and lower heat. Cook slowly until potatoes are soft. If sauce is too thin - take the lid off and let it cook down.

QUICHE

FRENCH

4 eggs

1 C. milk

1 C. heavy cream

8 oz. swiss or gruyere cheese,

salt and pepper to taste

grated

bit of dry, white wine

1 pie crust

cooked bacon and/or ham and /or fried onions

Put bacon, ham or fried onions in bottom of slightly cooked pie crust.

Mix eggs, milk, cheese, spices and wine. Pour over crust.

Bake in 400F oven for 15 min. and then turn oven down to 350F and bake approximately 15 more min. or until somewhat firm.

June Decter

QUICK CHICKEN BOATS

AMERICAN

1 6oz. can of boned chicken

½ can of cream of mushroom
soup

½ can of cream of chicken soup

1 T. minced onion

1 T. Worcestershire Sauce

4 French rolls

4 sprigs of parsley

Slice the tops of the rolls and scoop out. Bake in a pre-heated 400F oven until lightly crisp.

In a saucepan combine soups, Worcestershire Sauce and onion. Stir over medium heat until smooth. Add the chicken and cook until thoroughly heated.

Spoon the heated mixture into the rolls, and top with parsley.

Duffy Michaud

RESISTANCE PRINT SHOP SANDWICHES

(During the crucial years of 1973-74, these sandwiches kept us going at the shop. They aren't extravagant, but they're tasty.)

Print Shop Sandwich no. 1

Serves 2

1 modest tomato, sliced 4 oz. sharp cheddar cheese,
4 slices bread (whole wheat is nice) sliced
Mayonnaise

Put goodies between bread and close lids.

Print Shop Sandwich no. 2

Serves 2

2 eggs blob of butter, oil or margarine
1 chopped onion 2-3 oz. grated cheese
2 or 4 slices bread (open or closed faced)
mayonnaise salt and basil
mittens

Heat a frying pan (preferably dirty) and brown the onions in the blob. Sprinkle with basil and salt. Crack the eggs over the onions and sprinkle with the cheese.

Cook until egg is set, but not done. Then lift the egg and onions out of the pan somehow and put one slice of bread under it. Put the egg and onions back on the bread and put the second slice of bread on top (for closed faces only). Grill as you would any grilled sandwich.

This meal was traditionally served with lots of mayonnaise at an indoor temperature not above 32F. and eaten with mittens.

RUSSIAN CUTLETS (CUTLYETKI)

1 lb. ground beef 1 med. onion, chopped very fine
2 pieces bread (white, caraway, rye) 1/4 C. milk
salt and pepper to taste 1/4 C. flour, approx.
cooking oil

Soak the bread in the milk. Break bread into 1 in. pieces. Mix meat, onions, bread, milk, salt and pepper. Form into oval patties about 1 1/2 in. long. Dredge patties in flour and fry in cooking oil until brown and crusty on 1 side, flip and continue until brown and crisp. Serves about 3 people.

(These are delicious cold, but they usually get eaten up before you can get them into the refrigerator.)

Carol Goldin

ROAST LAMB

Rub lamb roast with garlic and fenugreek powder. Slice onion; add large glass red wine. Roast at 325F for 25 min. per lb.

Art Segal

SAUERBRATEN

GERMAN

Brine

½ C. water	2 clover
½ C. vinegar	1 bay leaf
1 sm. carrot	1 halved tomato
½ onion	

Combine all ingredients in a saucepan. Bring to boil, lower flame and simmer a few min. longer. Place salted meat into a bowl where it fits snugly, pour the brine over it and refrigerate for 3 days, turning meat every day.

Meat

2 lb. rump roast	2 bacon slices
½ C. sour cream (optional)	

After marinating, remove meat (rump-roast) from the brine and dry carefully. Fry bacon in a deep pot (cast iron is good); brown roast, on all sides, in bacon grease. Pour the brine over the roast, cover and simmer for 2 hr. over a low flame. Before thickening the gravy (cornstarch and water), sieve it. After the gravy has thickened, you may add sour cream. Serve with mashed potatoes.

SESAME BEEF

CHINESE

(This is a quick Chinese recipe.)

½ lb. flank steak	3 T. soy sauce
1 T. sesame oil	1 T. honey
1 leek	½ t. crushed red pepper
1 clove garlic, crushed	1 C. snow peas or thinly sliced bamboo shoots
½ C. chicken broth	
1 T. cornstarch mixed with 2 T. cold water	
1-2 T. white sesame seeds	

Slice flank steak thinly. Combine the soy sauce, sesame oil, honey, leek, red pepper and garlic. Marinate meat in this mixture for 20 min.

Heat wok or skillet until it is very hot. Do not add any oil. Drain the beef, reserving the marinade. Toss beef into hot wok and stir rapidly until it just begins to change color. Stir in snow peas or bamboo shoots. Add the reserved marinade and chicken broth. Stir lightly until it comes to a boil. Thicken with the cornstarch paste, adding a little at a time. Garnish with sesame seeds.

SHEPHERD'S PIE

ENGLISH/IRISH/AMERICAN

2 lbs. ground beef
2 T. garlic powder
1 t. butter
4 C. mashed potatoes

1 T. minced onion
salt to taste
1 C. brown gravy
1 T. Worcestershire Sauce

Saute minced onion in butter. Add beef, garlic, Worcestershire Sauce and salt. Cover and simmer 10 min. Add brown gravy and simmer 5 min.

Pour into casserole dish, cover with mashed potatoes and bake in slow oven for 35 min. Serves 4.

Duffy Michaud

SHRIMP MARENGO

1 lb. lean bacon stripped or diced
1 C. chopped onion
1 lb. mushrooms, sliced
1 6oz. can tomato paste
1¼ t. crushed basil leaves
1 T. salt
1 T. sugar
3½ lb. raw shrimp
chicken broth

2 cloves garlic, minced
1 C. chopped celery
1 2-lb. can Italian tomatoes
1½ t. rosemary
1 bay leaf
¼ t. pepper
3-4 drops Tabasco Sauce
1 green pepper, cubed

Saute bacon and remove. Add garlic and onion to drippings and saute. Add celery and mushrooms. Let this cook 5 min.

Return bacon to pan and add tomatoes, spices. Bring to boil and simmer uncovered 20-30 min. Add shrimp and peppers. After boiling simmer another 10 min. This can be thinned with the chicken broth. If it is too thin, add 2-3 T. flour and broth. This serves 8.

Mimi Labes

SICILIAN CHICKEN

ITALIAN

4 potatoes, quartered lengthwise	1 whole chicken, cut up
3 med. cloves garlic (cut in half lengthwise)	
3/4 can whole tomatoes	1/4 C. grated Romano cheese
1/4 C. chopped fresh parsley	1 T. olive oil

Arrange chicken, garlic and potatoes in oiled baking pan; distribute garlic evenly. Cover with canned tomatoes (squeezed or mashed with fork); sprinkle with parsley and grated cheese.

Bake at 375F for 1 hr. or until potatoes and chicken are tender.

Honeydew Tortorici

SPAGHETTI WITH CLAMS (AND ANCHOVIES)

1/4 C. oil (or 2 T. butter)	3 cans chopped clams
1 can anchovies	1 onion, chopped
fresh parsley	basil, oregano, garlic, celery seed
1 bay leaf	(maybe cornstarch)

This is a variable, but always good and cheap entree. Use supermarket canned clams, or fancy cans, depending on your budget and what is available. (There are tiny Japanese clams that are delicious in this dish.) Use olive oil, or any cooking oil, half and half with butter, or alone. Add the can of anchovies and its oil; add the onion and cook until it smells and looks like cat food. Add the clams from all the cans, but save the juice from one. Add lots of chopped parsley, fresh or dried basil, oregano, celery seed and bay leaf.

Cook 15 min. at moderate boil. If this seems a little juicy, dissolve 1 T. cornstarch in the last can of juice and add. Do not cook long after this-cornstarch thins out after it thickens. Add 2 or 3 garlic cloves by squeezing through a garlic press (with the skin left on the clove). Makes enough sauce for a lb. of spaghetti.

Jim Quinn

SPAGHETTI WITH DIBRUNO'S CHEESE

Pasta	1/2 stick butter
1/4 lb. Abruzzese cheese	fresh parsley
fresh basil, if available	

A simple and spectacular dish. Take half a stick of butter and melt

it. Add ¼ lb. of the cheese which you can buy home-made at DiBruno's. (Tell the salesperson you want the 'hot' or 'garlic' or 'Abruzzi' cheese: it is a smooth cheese spread made of Parmesan and garlic and hot pepper.) Fresh parsley chopped is a good addition. Fresh basil even better. Try each, and both.

Cook pasta (short pastas, especially the curly kind that hold lots of sauce are good for this), and drain, but keep around 3 T. of the water. Add that to the melted cheese and butter and toss with pasta. No other cheese is necessary. You can vary the dish by using more or less butter, more or less cheese; that depends on how much you like hot pepper and how generous the DiBruno's are with it from week to week. Delicious with ravioli.

Jim Quinn

SPAGHETTI WITH HAM, PEAS AND MUSHROOMS

spaghetti (or any other long pasta)

½ lb. Italian pepper ham, capicola, prosciutto, or American ham, sliced
sm. container sour cream

4 T. butter

4 or 5 mushrooms sliced and/or handful of frozen green peas

½ C. Parmesan cheese, preferably freshly grated from a chunk

3 shallots (or 1 garlic clove)

Melt 2 T. butter in flat pan big enough to serve the spaghetti in. A big frying pan will do, and so will a fancy casserole. Add half the sour cream and stir until it all melts together. Melt the remaining butter in a small frying pan, add shallots if you have them, chopped fine. Do not add garlic yet.

Add the ham cut in thin slivers; (pepper ham is very good, prosciutto excellent if all the fat is trimmed away - do not use fatty ham for this dish). Add frozen peas and mushrooms and cook 2-3 min. Add the rest of sour cream and cook down. If you do not have shallots, add garlic now.

Cook any long pasta - spaghetti, fettucini, or anything you find that's unusual. The traditional way to make this dish is with half green and half white fettucini, which is very colorful.

When pasta is cooked, drain and dump in a pan with the melted butter and cream. Toss. Add about half the cheese and toss some more. Add about half the ham mix, and toss some more. (This sounds complicated but only takes a minute or two all together.) Add the rest of the ham to the top of each plate.

Makes enough sauce for 1 lb. of pasta. Can be made with mushrooms alone (prosciutto is best this way) or peas alone (pepper ham best this way).

Jim Quinn

SPANISH OMELETTE

oil	½ green pepper
1 sm. onion	1 rib celery without leaves
1 sm. tomato	fresh parsley
dried basil	salt and pepper

Use a small frying pan. Pour in enough oil to cover the bottom and then heat. Add diced onion, sliced green pepper, diced celery and diced tomato. Add parsley, basil, salt and pepper to taste. Add an ounce of water and let simmer.

After it thickens, cook your omelette (p. 47), remove from heat and pour the Spanish sauce over it. Serves 2-3.

STEAK

(Beef is expensive, and steak is really expensive. So you might as well cook it as luxuriously as possible. Here's a recipe which is easy, only a little more extravagant than steak itself, and cooked on top of the stove - so you don't have all those problems dealing with a broiler, which is a problem if you have an old stove.)

steak, cut at least ¼ in. thick	4 T. butter
shallots, or garlic, chopped	(mushrooms)

Heat 2 T. butter in big heavy frying pan. Add the steak. Cook over high heat until you see blood puddle on the surface - about 4 min. Turn. When you see blood begin to come through surface again, the meat is done very rare. If you like it medium rare, cook on first side 6 min. and then wait until you see more blood on the other side. If you like it more well done than that - cook it some other way.

When meat is done, move it to a warm plate - stand one in the open door of a 300F oven. Pour out fat in pan. Add the other 2 T. butter, around 3 chopped shallots, or a clove of garlic squeezed in a press, and 2 jiggers of wine (red is good, sherry is excellent, brandy is delicious); cook down until only around 1 jigger remains. Pour this over steak and serve. If you have it, add a bit of fancy mustard to the side of the plate - the thick kind with kernels of mustard seed. Mushrooms are a good addition to the wine and garlic or wine and shallot mixture - sliced thin

so they cook rapidly, or precooked in yet another T. butter, with shallots and fresh parsley. This is not a low-cal entree, but it is fool proof, and makes steak seem like it's (almost) worth the money. Add salt at the table - it draws blood out of the meat.

Jim Quinn

STEAMED CHICKEN AND CABBAGE

4 split chicken breasts	1 C. French Dressing (or
garlic	whatever)
oregano	pepper
lg.cabbage head	tomato paste
hot sauce	horseradish
sliced tomatoes	grated parmesan cheese

Place chicken breasts on rack in 10x14 in. baking pan. Cover with Catalina French Dressing (or other salad dressing of your choice; if you prefer, marinate chicken overnight). Season with garlic, oregano and pepper.

Cover pan tightly, with cover or foil, and place in oven pre-heated at 500F. Bake for at least 35-45 min. (Drying out is not a problem since moisture is retained.) Use pan sauce as gravy for rice or potatoes.

The cabbage, cooked as follows, should be placed in the oven 10-15 min. after the chicken. Remove full leaves of large cabbage and place first leaf inside face up in 4-qt. baking casserole. (Grease inside of casserole with butter first.) Between each separate leaf spoon generous quantities of tomato paste, seasoned to taste with garlic, Louisiana hot sauce, and a dash of horseradish (alternate: use honey and vinegar, with garlic, for sweet and sour taste).

On top of each cabbage layer place sliced fresh tomatoes and sprinkle generously with parmesan cheese.

Cover tightly and bake in pre-heated 500F oven for 20-25 min.

This will serve at least five hungry people.

Jack Levine

STEAMED SEA BASS

CHINESE

1 sea bass, about 1½ lbs.	½ t. shredded fresh gingerroot
1 scallion, cut in 2 in. pieces	½ t. fermented black beans
1 T. soy sauce	1 T. dry sherry
1 T. peanut or corn oil	

Clean and wash sea bass. Dry inside and outside. Put the whole fish into a heat-proof dish. Mix ginger, black beans, soy sauce, sherry, oil and scallion. Pour over fish.

Heat 2 qt. water until boiling in an 8 qt. saucepan or lg. wok. Place a rack or steamer in the wok and put the dish containing the fish in it. Make sure the water is even with the rack and not higher, so that when the water boils again it will not get into the dish. Cover tightly and steam the fish for 15 min. over a high flame. Serve immediately.

STEWED RICE

Sofrito (see page 30)	2 T. tomato sauce
6 olives (stuffed with pimentos)	2 t. capers
2 t. salt	2¼ C. rice
2¼ C. boiling water	(optional) cooked shrimp

Prepare Sofrito. Add tomato sauce, olives, capers, salt, rice and boiling water. Cook over moderate heat until rice is dry. Turn rice over with a fork from bottom to top, cover and cook for 30 min. over low heat. Turn rice once again during this 30 min. period.

Helga Krauss

STIR-FRIED CHICKEN BREASTS

CHINESE

2 whole chicken breasts, about ¾ lb. each	
1 T. cornstarch	1 T. Chinese rice wine, or pale dry sherry
1 T. soy sauce	
peanut or vegetable oil	6 water chestnuts, cut in ¼ in. cubes
½ t. salt	
1 med. green pepper, deribbed, seeded and cut in ½ in. squares	
¼ lb. fresh mushrooms cut in ¼ in. cubes	
2 T. Hoisin sauce	¼ C. roasted cashews or almonds

Bone, skin and slice chicken with a cleaver, while chicken is partially frozen. Cut into ½ in. squares. Put in small bowl and mix with cornstarch, wine and soy sauce. Coat chicken.

Make sure you have the other ingredients ready and within reach of your wok or skillet. Heat wok on high flame for about 30 seconds. Add oil to coat bottom of pan and heat for another 30 seconds. Turn down heat if oil begins to smoke.

Add the green peppers, water chestnuts, mushrooms and salt and stir-fry for 2-3 min. Scoop out vegetables with slotted spoon and set them aside. Pour more oil in the wok, heat almost to smoking, and add

chicken. Stir-fry over high heat 2-3 min. until chicken turns white. Then add the Hoisin sauce, stir well, add vegetables and cook for 1 min. Add nuts and stir to heat them through. Turn off flame and serve.

STIR-FRY BEEF WITH BEAN SPROUTS

CHINESE

½ lb. flank steak	1 T. dark soy sauce
1 T. cornstarch	1 can bean sprouts (or fresh, about 2 C.)
1 T. water	1 T. sesame oil
peanut, vegetable, or corn oil	
salt to taste	

Slice beef, while frozen, across the grain, into the thinnest possible slices. Put meat into a mixing bowl and add soy sauce, ½ T. cornstarch, ½ T. oil, and 1 T. sesame oil.

In a wok or skillet, heat enough oil to cover plus a little extra (about 4 T.). When oil is warm add beef and cook - stirring until it turns brown. Make sure the oil is not hot. Remove the meat and drain.

Remove all but 2 T. oil from wok. Reheat the oil and add bean sprouts. Cook for 30-60 seconds. Sprinkle salt and sugar over bean sprouts; add the beef and toss over a high heat for 1 min. Add the remaining cornstarch, blended in the water. Stir quickly until thickened and serve.

Judy Glick

SUNDAY BREAKFAST CREPES

FRENCH

8 lg. crepes	½ C. orange marmalade
1 jigger brandy	¼ C. butter
slivered almonds	
1 lg. navel orange, peeled and cut into ½ in. pieces	

In a saucepan, heat marmalade, butter and brandy until bubbling. Continue cooking for 2 min. over low heat. Add oranges and heat through. Divide oranges and sauce evenly to fill crepes. Reserve portion of sauce to drizzle over the tops.

Drizzle sauce, sprinkle almonds and it's ready!

Use any recipe for crepes or use lg., thin pancakes. Sauce is also good on hotcakes or waffles. Serves 4.

Claire Kurschner

SUNDAY BRUNCH

ITALIAN

(What is especially nice about this dish is that it can be mixed together even a day beforehand and stored uncooked in refrigerator; the recipe is quite easy once you are familiar with it.)

2½ C. flour	½ C. milk
3 T. butter	1 T. oil
1 t. sugar	1 pkg. yeast
1 egg	dash salt

Dissolve yeast in milk. Pour flour on a mixing board with egg, milk, yeast, butter (in pieces), sugar and salt.

Mix until soft. Form into a ball and set aside to rise (½ hr.) as you prepare the filling.

Filling

2 T. flour	2 T. butter
1 C. milk	dash salt
1 ½ oz. parmesan cheese	

Heat milk. Melt flour in butter and slowly add milk, stirring constantly. Simmer over very low heat, stirring from time to time for 5 min. or so. Mix cheese and salt together and sprinkle over white sauce to avoid formation of a milk-skim.

7 oz. any kind of bologna sausage, cut into small pieces	
7 oz. Fontina cheese (or Swiss, Edam, or a combination), cut in small pieces	
1 t. dill weed	1 t. parsley chopped

Divide the dough ball in two pieces, leaving one slightly larger. Put larger piece in a 10 in. buttered baking pan, spreading over bottom and up sides (covering sides well). Scatter half of the bologna-cheese-herbes over the sauce. Take the remaining dough piece and (with a little oil on your hands) gently flatten and fashion it to cover the top of the whole mixture. Place dough on as a top crust making sure you pinch the edges of dough coming up the sides. (You may want to brush the top of the crust with a little egg yolk for color.)

Bake at 325F for 35 min. Six nice servings may be cut if served as a side dish, or 4 servings may be cut for serving as an entree.

Simone Shuster

TOMATO SAUCE

(Everyone has a tomato sauce recipe. This one is different, if only because it uses fresh tomatoes, which are much cheaper than canned during the summer months, and which makes much more sauce.)

¼ C. oil	2 lg. onions
2 celery stalks	3 carrots
4 lbs. tomatoes	garlic
basil, oregano, celery seed, salt, one bay leaf	
tomato paste (optional)	

I grind my sauce through a moule vegetable grinder; if you don't have one, either use a blender or cut things very small. Carrots, onions and celery go in with the oil and cook until the onions are soft but not colored. Add tomatoes; add garlic whole if you are grinding or blending. Add basil, oregano, celery seed. Salt last of all because it cooks in and gets stronger as the sauce reduces. Simmer on low heat about half an hr. or until carrots are soft. Then blend or pass through the moule. (Sauce with fresh tomatoes is a kind of orange brown. You can make it look more like your canned sauce if you add tomato paste - but the paste should not be necessary for thickening; the vegetables will do that.)

Mushrooms are a good addition, either sliced or whole, added before the sauce is ground or after. Cook no more than 1 hr. all together and you'll have a sauce that is not too acid and needs no sugar. Because the vegetables are fresh, this sauce needs more spicing than a sauce made with canned tomatoes; be generous, especially with garlic. I never use beef with tomato sauce, but often parbroil Italian sausages (the kind with fennel seeds), slice and add to the sauce after it has been ground to cook through in the last half hr.

Jim Quinn

TWO HEALTHY SANDWICHES

- 1) Toast 2 sl. wheat bread. Put lettuce, swiss cheese, avocado and alfalfa sprouts on one sl. of toast and cover with the other. Garnish with drained artichoke hearts.
- 2) Use either whole wheat bread, 7-grain bread, challah or white bread. Spread with peanut butter, then with honey. Top with sliced apples or bananas.

Jim Myers

WINE KUGEL

JEWISH

3 eggs
½ C. wine - sweet, or Jewish concord grape
matzoh meal

Beat eggs lightly, add wine and mix. Slowly add matzoh meal. When absorbed, put in uncovered greased pan and bake at 400F, for 20-25 min. (Toothpick comes out clean when done.)

Art Segal

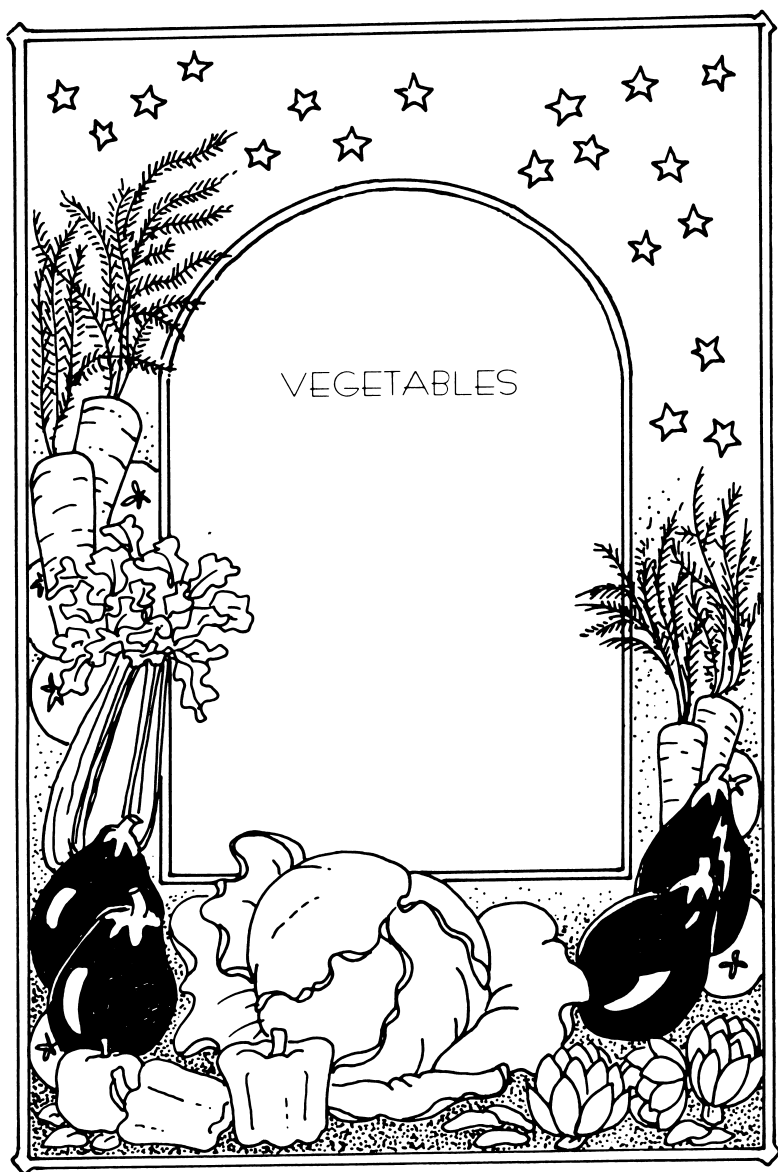
YAKITORI

KOREAN

(broiled Chicken on Skewers)

2 lbs. chicken, boned	1 C. soy sauce
3 cloves garlic	2 T. fresh ginger, chopped
1/3 C. sugar	¼ C. sherry

Cut chicken in strips about 1x2 in. Spear 3 pieces on each bamboo skewer stick. Combine remaining ingredients in bowl. Marinate chicken on skewer in sauce about 1 hr. Drain meat slightly and broil over charcoal or in broiler until both sides are well cooked. Serves 6.



ARMENIAN STRING BEANS

1 lb. fresh string beans	½ C. tomato sauce
1 sm. onion, chopped	2 pats butter
½ C. water	salt to taste

Combine ingredients and bring to boil. Lower heat. Simmer until beans are tender **BUT NOT** over cooked (mushy). If there is too much liquid, take cover off and boil it down.

Alyce Michaud

BAVARIAN STYLE SAUERKRAUT

GERMAN

1 qt. sauerkraut	½ onion, chopped
1 sm. potato, grated	2 strips bacon, chopped
½ sm. smoked butt	water
1 bouillion cube	1 T. flour

Rinse sauerkraut in lukewarm water and squeeze out liquid until the kraut is fairly dry. Put bacon into the bottom of a lg. pot and fry. Add onion and saute in bacon drippings. Add kraut and stir to mix with the bacon and onion. Add grated potato and stir. Put enough water into the pot to cover about ½ of the kraut. Add the smoked butt and bouillion cube. Simmer, partially covered, for about 45 min., stirring occasionally.

Before serving, mix flour with some water in a glass and pour over the kraut. Mix well. This makes the kraut creamy and smooth. To serve, slice the smoked butt. Mashed potatoes with kraut is traditional.

RATATOUILLE NICOISE

FRENCH

1/3 C. olive oil	2 or more cloves garlic, chopped
1 lg. onion, sliced	2 zucchini, well scrubbed
1 sm. eggplant	3 T. flour
2 green pepper, seeded and cut in strips	
5 ripe tomatoes, peeled and sliced	salt and freshly ground black
1 T. capers	peppers

Heat oil in lg. skillet or dutch oven, add the garlic and onion and saute until the onion is transparent.

Meanwhile, slice the zucchini and peel and cube the eggplant. Flour the pieces lightly.

Add the zucchini, eggplant and green peppers to the skillet, cover and cook slowly for about 1 hr. Add the tomatoes and simmer, uncovered, until the mixture is thick. Season with salt and pepper. Add capers during the last 15 min. of cooking.

Serve hot or cold.

RED PEPPERS

ITALIAN

4 red peppers	3¼ T. olive oil
1¼ T. butter or margarine	1 sm. onion, peeled and finely
½ clove garlic, crushed	chopped
4-5 ripe tomatoes, peeled, seeded and quartered	
salt and pepper	chopped parsley

Wash and dry the peppers, cut in half lengthwise, remove seeds and cut into strips.

Heat oil and butter in a pan, add the onion and garlic and cook until the onion is soft and transparent. Add peppers and a little salt, cover and saute in the oil for about 15 min.

Add tomatoes and cook over low heat for about 30 min., stirring occasionally, until the mixture is fairly thick and dry. Sprinkle with chopped parsley before serving.

RICE PILAF

1¼ C. rice	1/3 C. pignolias (pine nuts)
2½ C. chicken soup	1 med. onion
1 clove garlic	4 T. margarine or butter
salt and pepper	

Melt margarine in heavy saucepan. Add chopped onion, pressed garlic, salt and pepper. Cook over slow heat until the onion is soft, but not brown. Add rice. Stir until well mixed. Add pine nuts; stir until well coated, then add chicken soup. Stir until it comes to a boil; then turn heat to a simmer. Cover pan lightly and cook for 25 min. without removing lid.

SAFFRON RICE

INDIAN

(This makes an excellent stuffing for cornish hens.)

2 T. butter or margarine	1 sm. onion, finely chopped
½ bay leaf	¼ t. ground saffron
1 C. uncooked rice	2 C. boiling chicken stock
½ cinnamon stick	¼ C. chopped almonds

Melt butter in a saucepan, add onion and stir until onion is translucent. Stir in bay leaf, saffron, rice and cinnamon stick.

Pour stock over rice and stir once. Cover tightly and cook without removing lid for 20 min. Add chopped almonds and serve.

STIR-FRY CHINESE VEGETABLES

1 box frozen string beans	½ C. sliced mushrooms
1 C. snowpeas	1 C. bean sprouts
1 onion, sliced	3 T. oil
2 cloves garlic	1 t. salt
1 t. sugar	

Pour boiling water over string beans to defrost. Heat oil in fry pan or wok; add garlic. When oil gets hot, remove garlic and add onions. Fry until golden. Add vegetables, sprinkle with salt and sugar. Stir-fry 4 min. and serve immediately.

STUFFED POTATO BAKE

5 lbs. peeled, white potatoes	½ lb. butter
½ lb. ricotta cheese	½ pt. sour cream
1 sm. grated onion	grated Romano, Parmesan or Locatelli cheese

Boil potatoes. With electric mixer, mix in butter, ricotta cheese, sour cream and onion. Add garlic, salt or spices to taste. Put in casserole and sprinkle generously with grated cheeses. Bake at 350F for 30 min

Art Segal

SWEET POTATO BAKE

Bake 3 lg. yams until done. Cool. Peel and slice. Also slice 3 bananas and a 1 lb. can of apricot halves.

In a greased casserole dish arrange yams, bananas and apricots in layers; pour apricot juice over and bake uncovered at 350F for 30 min.

Shirley Trexler

VEGETABLE CURRY

MIDDLE EASTERN

½ C. celery
1 clove garlic, minced

½ C. onion
1 T. vegetable oil

Chop and saute these vegetables in the oil in a lg. skillet until the onion is soft.

1 can chick peas (including liquid) 1 C. frozen mixed vegetables
2 T. curry powder 1 t. salt
1 T. sweet wine (such as a desert sherry)

Add the above ingredients to the vegetables. Simmer for 10 min., stirring occasionally over low heat. Serve over rice. This dish serves 4 as a main dish; 6 as a side dish.

Claire Kurschner

VEGETABLE KUGELACH

JEWISH

(My aunt started using this recipe for family gatherings in the 60's after one of her nieces became involved with a strain of Buddhism that precluded eating meat, and her son stopped eating meat after working in a slaughter house on an Israeli kibbutz. So you definitely needed vegetables at family gatherings.....)

6 T. butter or margarine
¼ C. chopped green pepper
3 eggs, beaten
1½ C. grated raw carrots
1/8 t. pepper
oil for frying

10 oz. pkg spinach, chopped
1 C. chopped onion
½ C. chopped celery
1½ t. salt
¾ C. matzoh meal
sour cream (optional)

Saute green pepper, onion, celery and carrot about 10 min., stirring occasionally. Cook spinach, drain and combine vegetables. Add eggs, salt, pepper and matzoh meal. Spoon into 12 well-greased lg. muffin tins. Bake in moderate oven (350F) 45 min. or until firm. Allow to cool 10 min. before removing from pan. Serve plain or with sour cream for a dairy meal.

What I do is:

- 1) Steam a pkg. frozen broccoli.
- 2) Grate about 3 lg. carrots, chop up some green pepper, chop as much onion as I can stand (usually 2 med. ones) and sometimes grated raw zucchini..
- 3) If I am baking it, I saute the vegetables in no. 2, then add the

sauteed vegetables, the steamed broccoli, 4 eggs and 1 C. of matzoh meal. Salt to taste. Put this in a greased casserole dish in the oven at 350F. for about 1 hr. (this turns out moister than in the muffin tins.)
4) If I'm frying, I try to cut everything in no. 2 very small, mix with broccoli, 4 eggs, 1 C. of matzoh meal and the salt. Make this into patties, which should be hamburger consistency, and fry.

Mary Lee Katz

VEGETABLE PIE

A WEST PHILA. FAVORITE

Crust

½ C. shortening
1 t. salt

2 C. sifted, whole wheat flour

Combine the flour, shortening and salt. Cut with knives or pastry cutter until crumbly. Add small amounts of ice water until mixture sticks together enough to roll into a ball (the less handled, the better). Roll out in thin layer; place in casserole dish or pan. Bake in 350F oven while preparing filling.

Filling

All the fresh vegetables you can find: broccoli, carrots, celery, cauliflower, cabbage, onions, zucchini etc.
salt

Fresh garlic, pepper, paprika, thyme, sage, and/or other spices to taste.

Cut the vegetables into bite size peices and add the salt and spices to taste. Steam in a little water, covered, for 5 min. Drain and add to crust. Cover the pan with lid or foil and bake at 350F for 45 min. to 1 hr.

Ten min. before serving, add various kinds of delicious cheese, sliced on top. Cover again and bake until cheese is melted. This serves a hungry house and guests - about 6 with leftovers.

Barbara Atkinson

VEGETABLE QUICHE

1 pastry shell, slightly cooked and brushed with egg
1 C. steamed or sauteed and drained broccoli,
zucchini, spinach or other vegetable of your choice.
½ C. steamed or sauteed onions

4-6 eggs well beaten

½-1 C. milk or cream (I often use the vegetable stock with powdered milk to make a healthier milk than milk.)

½-1 C. grated cheese

Mix the above ingredients and place in the pastry shell.

Bake at 400F. for 10 min., then turn down and bake another 15 min. until eggs are set.

This can be a side dish, or a main dish, or an appetizer.

Judy Adamson

WORKING PEOPLES QUICK VEGETABLES

2 lg. onions, sliced

3 garlic cloves sliced

3 lg. potatoes, sliced

oil

any other slow cooking fresh vegetable.

Fry above in oil (preferably olive oil) in an iron skillet until potatoes are soft.

Add.

1 lg. green pepper, chopped

1-2 zucchini and any other quick cooking fresh vegetables

Fry a few minutes.

Add:

3-4 fresh tomatoes or 1 can tomatoes

½ t. basil

Cover and simmer 2-5 minutes or until the tomatoes are warmed. Serve with much salt.

For a main dish, crack several eggs over vegetables and sprinkle with cheese. Cover and cook till eggs are set on low heat.

Judy Adamson

ZESTY ZUCCHINI

1 med. onion, coarsely chopped

2-3 med. zucchini, sliced

salt and pepper

Parmesan cheese

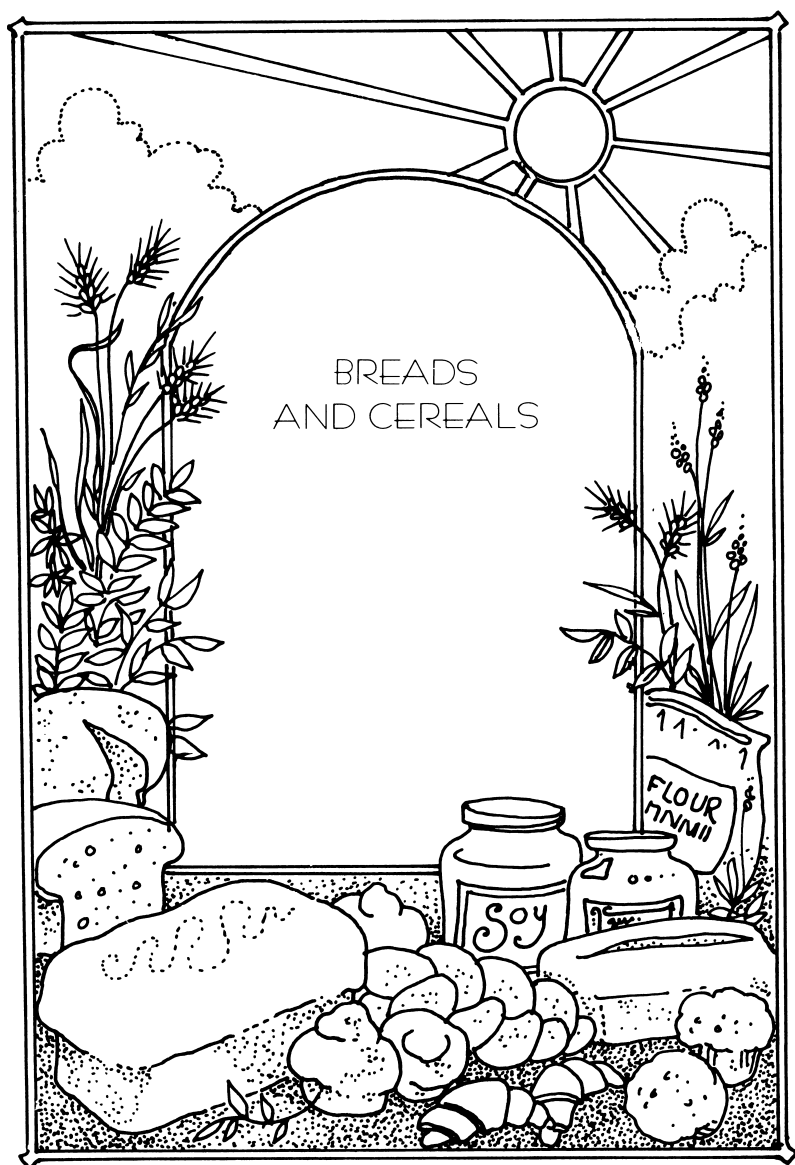
2 T. (or more) butter or margarine

basil

several fresh mushrooms, sliced, if desired

Melt butter in small skillet or shallow casserole dish. Saute onion until soft. Add zucchini, turn a few times. Add mushrooms, turn add salt and pepper and cover. Let simmer over low heat until zucchini is warmed through, but not overcooked (ten min.). Remove from heat. Sprinkle generously with basil, then Parmesan. Cover again and let sit at least 5 min. Cheese will melt and form delicious coating. Serves 4.

Ruth Slocum Rasmussen



BANANA BREAD

PENNSYLVANIA DUTCH

½ C. shortening
2 eggs
2 C. flour
1 t baking soda

½ C. sugar
3 ripe bananas
½ t. salt
1/3 C. chopped nuts (walnuts)

Cream shortening; add sugar and cream again. Add well-beaten eggs and sifted flour, salt and soda. Mash bananas, add with nuts and mix. Bake in a greased loaf pan at 350F for 1 hr. (This is a good way to use bananas that look too rotten or over-ripe to eat.)

BANANA NUT BREAD

3½ C. flour
2 T. soda
1½ t. salt
3 C. sugar
1 t. nutmeg
2 C. bananas (about 4-5, mashed)

1 C. cooking oil
4 eggs
2/3 C. water
1 t. cinnamon
1 C. pecans, chopped

Mix all ingredients. Grease and flour 3 sm. (or 2 lg.) loaf pans. Bake at 350F for 45 min. - 1 hr.

Ruth Slocum Rasmussen

BROWN BREAD

IRISH

4 cups stone-ground whole-wheat flour
1½ t. baking soda
2 cups white flour
1½ t. salt

2 cups buttermilk, sour milk, or
sweet milk

Mix the whole-wheat flour thoroughly with the white flour, salt and soda. Make a well in the center and gradually mix in the liquid. Stir. Add liquid as needed. You want a soft, yet manageable dough. Knead. Place on lightly floured cookie sheet and with the palm of your hand flatten out in a circle that is 1½ in. thick. Make a cross in dough with a knife so that it will easily break into quarters.

Bake at 425F for 25 min., reduce the heat to 350F and bake 15 more min.

If crust is too hard cover baked bread with tea cloth and leave to cool. Do not cut for 6 hours.

Ann Doley

CHALLOH (EGG BREAD)

JEWISH

1¼ C. warm water	1 pkg. yeast
¼ C. plus 1 T. sugar	¼ t. salt
4 C. flour approximately	2 T. vegetable oil
3 eggs, beaten	poppy seeds

Dissolve yeast in ¼ C. water and add 1 T. sugar and ¼ t. salt.

Put 4 C. flour into a large bowl. Add sugar and yeast mixture when it has formed a sponge. Add remaining ingredients, but reserve approximately ½ of the egg for topping.

Knead (you will probably have to add a lot of flour to the kneading surface). Put ball of dough in greased bowl, cover with damp cloth, let rise about 2 hrs.

Pound down and divide into 4 equal parts. Make braids by using 3 of the parts (form long worms). With last ¼, divide in thirds and braid. Place small braid on large one and cover surface with remaining egg. Sprinkle with poppy seeds.

Bake at 375F for approximately 1 hr. It is ready when brown - the bread sounds hollow when you tap the bottom of the loaf.

Makes 1 loaf

Carol Goldin

CHOREG (BREAKFAST ROLLS)

ARMENIAN

¾ C. melted butter or margarine	1 pkg. active, dry yeast
2 beaten eggs	½ C. water
½ C. milk	1 t. salt
1 t. sugar	7 C. flour
4 oz. sesame seeds	

Mix the liquid and then the dry ingredients, making a sort of dough. Let this rise a few hr. in a warm place.

Cut into small balls (the size of tangerines). Roll into strips and twist once, making a figure 8 or any desired shape. Brush with beaten egg and sprinkle sesame seeds on top. Bake at 350F for 20 to 30 min., or until golden.

CORN FRITTERS

AMERICAN

2 eggs	1 t. sugar
2 T flour	1 small can sweet corn

Mix the ingredients. Coat a pan with oil and drop large spoonfuls of mixture into pan. Cook on one side over low heat, turn, and drain.

Interview with Rosemari Mealy

by Dina Portnoy

Although she's a busy working mother, active community leader and member of the Venceremos Brigade, Rosemari Mealy still takes time to prepare dinner every night — and she always has food handy in case people should stop in. As we talked, she took samples out of the refrigerator for me to taste.

"First, let's demystify the notion of 'soul food,' " she says as I nibble away on her home-made cornbread.

"My cooking comes from my life experiences.

"I grew up in the South, where all poor people — white and black — ate what's called soul food. But it's nothing more or less than a style of cooking which originated with the oppressive and exploitive conditions in which slaves, sharecroppers and small farmers lived.

"Many of the black women in our neighborhood were domestics for whites. They not only learned to cook delicacies in these wealthier homes, but would return to their own homes and substitute cheaper ingredients to make the same recipes. My mother's mackerel loaf (See page 32), patterned after a more expensive salmon loaf, was such a meal."

And historically, she notes, black people also used food "left over" by the richer whites — leftovers which were apparently a challenge to re-heat and serve in an appealing way.

"But my sister and I always used to say that our mother could make a meal out of nothing," remembers Rosemari with evident pride.

"We'd leave home and there'd be nothing but potatoes, an onion and a can of Carnation milk — yet we'd return to a delicious dinner of thick potato soup and her own special 'corney bread'."

Rosemari notes that in her own way, Mrs. Mealy managed to serve some healthful, balanced meals. Salads consisted of kale, turnip greens, mustard greens and other greens often thought of as wild, or even as weeds. Fruit was dried every summer, and Mrs. Mealy apparently did a lot of canning.

"But because we had little beef," Rosemari says, "pigs were important to us as a staple — and all of the pig was used for something."

As Rosemari gave me her recipes, she mentioned that measurements were frequently inexact, since poor people didn't have any fancy culinary items to determine the precise quantities.

She also mentioned that all of her recipes came from oral tradition.

But after nibbling my way through two slices of applesauce pie and three squares of cornbread, I began to wonder why any of us should measure ingredients and write things down.

The Vencermos Brigade was formed in the late 1960's to express support for the Cuban Revolution. This is done by doing educational work in the country -- showing films, sponsoring cultural events, etc.; and by arranging for groups of North Americans to go to Cuba. There, they tour the country to learn what socialism means - in education, work, and the day to day lives of the Cuban people. The groups also do volunteer work such as construction of homes or cutting sugar cane. The Venceremos Brigade is a People's Fund Co-operating Group.

CORNY CORNBREAD

(This corn bread is moister and more delicate than usual. My mother often used fresh corn kernels off the cob for an even better treat.)

any cornbread mix or recipe

1 can whole kernel corn, undrained

Combine the can of corn with the corn bread mix and bake according to recipe in a well greased pan.

Rosemari Mealy

EASY BROWN BREAD

NEW ENGLAND

2 T. butter or margarine

$\frac{1}{2}$ C. sugar

1 egg

$\frac{1}{2}$ C. dark molasses

1 C. buttermilk

$\frac{1}{2}$ t. cinnamon

1 C. whole wheat flour

1 C. white flour

1 t. salt

1 t. baking soda

$\frac{1}{2}$ t. ginger

raisins (optional)

Beat butter and sugar until creamy. Beat in egg. Stir in molasses and buttermilk, then add whole wheat flour. Sift white flour, salt, soda, ginger and cinnamon together. Add to the mixture. Beat at medium speed until smooth and well blended. Raisins may be added to taste. Ladle into a well greased loaf pan. Bake at 350F for about 1 hr. or until toothpick inserted in center comes out clean. Cool thoroughly before cutting into slices. Makes 1 loaf.

GRANOLA BREAD

2 C. white flour (or of your choice)

2 C. granola (not the packaged type, if you can manage it)

1 cake yeast

1 C. oil

2 t. salt

1 T. sugar

a mixture of milk and water

Mix yeast with sugar and some of the milk/water (about $\frac{1}{2}$ to $\frac{3}{4}$ pt.). Beat until well diluted. Add 2 T. of the flour; let stand until it bubbles.

In the meantime, sift flour, add salt and granola and mix well. Pour in oil and mix until consistency of crumbs.

Add yeast mixture and mix well. Knead until dough leaves the side of the bowl. (It will be stickier dough than the usual bread dough because of the granola.) Knead again on a well-floured board.

Grease bowl well with oil, put dough back in and cover with heavy towel and a good thickness of newspaper. Let stand in warm corner until double its size.

Punch down and shape into two rectangular shapes. Place in well-oiled bread pans. (The more oil, the crisper the crust.) Cover pans with towel and newspaper and let stand in same warm corner until dough has reached well above the edges of the pans.

Bake in pre-heated oven at 375F for $\frac{3}{4}$ hr. to an hr. Bread is ready if pans sound hollow when knocked.

Turn out onto trays and cool. Store in refrigerator when not in use.

Judi Smith

IRISH SODA BREAD

1 T. butter or margarine
4 C. white flour
1 t. salt

1 t. baking soda
1 C. buttermilk or 1 C. sweet
milk

Rub the butter into the flour. Add the salt and soda, mix all well together by running the dry ingredients through your fingers. Add the buttermilk (or the sweet milk) and stir into a soft dough with a wooden spoon. Knead and turn out onto a lightly floured baking sheet. Flatten the dough into a circle $1\frac{1}{2}$ in. thick with the palm of your hand. Make a cross in the center with a floured knife. Bake at 425F. for 30-35 min.

Ann Doley

JUDY'S GRANOLA

8 C. rolled oats
 $1\frac{1}{2}$ C. sunflower seeds
 $1\frac{1}{2}$ -2 C wheat germ
 $\frac{1}{2}$ C. honey
salt to taste

Other ingredients may include:

dry milk, flax seed, wheat or rye
flakes. No more than $\frac{1}{2}$ C. of each.

AMERICAN HEALTH

$1\frac{1}{2}$ -2 C. coconut
1 C. sesame seeds
1 C. oil
2 T. vanilla
 $1\frac{1}{2}$ -2 C. nuts (pecan, walnuts,
etc.)

1- $1\frac{1}{2}$ cups of soy nuts

Mix ingredients together and bake on 2 jelly-roll pans (the cookie sheets with sides) for $1\frac{1}{2}$ -2 hr at 250F.

Judy Adamson

LIZ FRANKLIN'S PEROGIES

EASTERN EUROPEAN

1½ lb. dry cheese (perogie cheese)	1 egg
½ t. sugar	speck of salt

Mix the above until creamy.

¾ C. flour	1 egg
speck of salt	¼ C. milk

Knead the above. Roll dough about 1/8 in. thick.

Put little circles of cheese in the center and fold the dough over. Cut out crescents and pinch edges closed to seal it. Drop into boiling water and cook until they float to the top. Coat in butter and fry until light brown.

Serve with sour cream or sauerkraut.

Liz Franklin

MAPLE DATE-NUT BREAD

AMERICAN

1 C. boiling water	1 C. chopped dates
1 egg	½ C. maple or brown sugar
1 C. sifted cake flour	1 t. baking powder
½ t. baking soda	1 t. salt
1 C. whole-wheat flour	1 T. melted butter
½ C. chopped nuts	2 T. maple syrup

Pour boiling water over dates; cool. Add egg and sugar. Sift cake flour, baking powder, baking soda and salt together; combine with whole-wheat flour and add to first mixture. Fold in butter and nuts. Mix only until ingredients are blended. Pour into greased loaf pan (about 9½x5½x2¼in.). Bake in preheated, 350F oven for 50-60 min. Remove bread from pan. While hot, brush top with maple syrup.

PATTY'S OATMEAL BREAD

AMERICAN HEALTH

2 C. rolled oats	4 C. boiling water
½ C. margarine	2 t. salt
½ C. molasses	½ C. honey
2 T. yeast	1 C. warm water
12 C. flour	

Stir together oats, boiling water, margarine, salt, molasses and honey. Let cool.

Dissolve the yeast in 1 C. warm water and add to mixture. Knead in up to 12 C. flour. You may substitute dry milk, wheat germ, whole wheat flour, etc. for some of the flour to suit your taste.

Let rise for 45 min. to 1 hr. Punch down, form into loaves (3-4 loaves) and let rise again until double in bulk. Bake at 350F. for 45 min. to 1 hr.

Judy Adamson/Florence Adamson/Patty Bertsche

POTATO PANCAKES (LATKES)

JEWISH

1 t. salt	¼ t. pepper
1 (or 2) eggs	2-5 lbs potatoes
matzoh meal (optional)	oil (for frying)

This recipe allows for much individual variation. However, there is one step which is unalterable and unavoidable; someone must peel and grate the potatoes. Use a grater that produces a coarse mush, not one that cuts strips (as for hash browns). Do not be concerned if the initially white mixture turns brown on the surface; however, it does not keep, so plan to use it immediately. Use 2 lbs of potatoes for a few people, 5 for a group or family, and more if your arm lasts.

Next add salt, pepper and an egg, and mix to uniform consistency. For the larger amounts of potatoes you may increase the other ingredients according to the taste and consistency of the batter. Use matzoh meal to thicken the batter if it is very watery.

In a large pan, heat a ¼ in. deep layer of oil until a drop of batter sizzles in it. Reduce heat a little, maintaining at a sizzling temperature. Carefully spoon in batter to make patties. Fry until golden brown on edges and bottom. Be patient! Turn once, fry other side until also golden brown. Set the finished latkes on paper towels to drain and cool a little.

Ira Kalet

PUMPKIN BREAD

AMERICAN

1 2/3 C. flour	1 1/3 C. sugar
¼ t. baking powder	¾ t. salt
1 t. baking soda	½ t. cinnamon
¼ t. cloves	1 t. ginger

2 eggs	1 C. canned pumpkin
1/3 C. liquid shortening or oil	1/3 C. water
1 C. chopped raisins or nuts	

Mix all dry ingredients. Add liquids and eggs all at once. Beat for 1 min. Add nuts or raisins and bake for 1 hr. at 350F.

(When I make this recipe I use both nuts and raisins. The bread is not dry, so it is difficult to know when bread is finished cooking; look for a browned crust.)

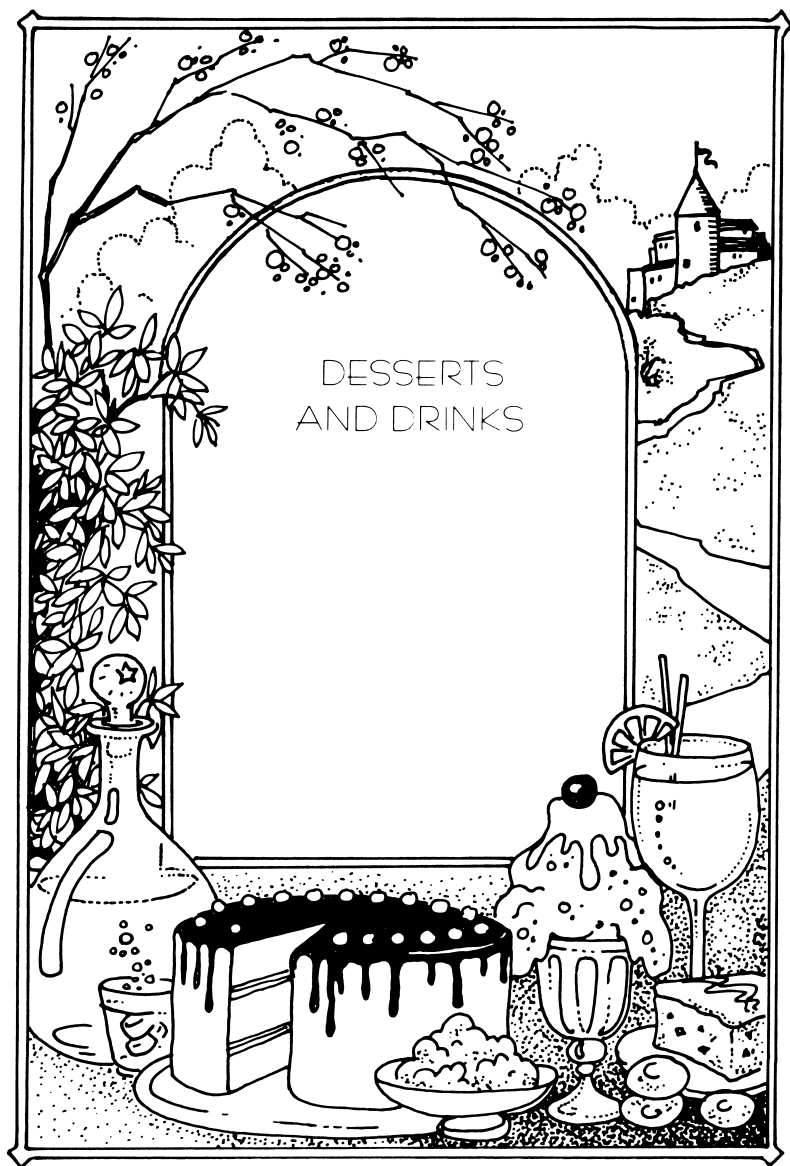
TEA SCONES

½ C. butter	¼ C. sugar
4 C. flour	1 egg
2 t. baking powder	1 C. milk (approx.)
½ t. salt	

Cut the butter into the flour, add the baking powder, salt, and sugar, and mix well. Beat the egg and add to the milk. Mix liquid into dry and make a manageable dough. On a floured board, roll to 1 in. thick, and cut into rounds with a small glass. Arrange on a floured cookie sheet and bake at 420F until risen and brown. Should be about 15 min. Makes 18 scones.

Ann Doley

DESSERTS
AND DRINKS



ALMOND AND PISTACHIO BARFI

INDIAN

4 t. ghee or margarine	1 qt. milk
1 C. sugar	3/4 C. raisins (optional)
1 C. ground almonds or 1 C. whole or slivered almonds	
1 C. unsalted pistachios	1/2 t. almond extract

Pulverize the nuts in a blender or with a nut grinder.

With a pastry brush, spread 1 t. of the ghee on a 7½ in. pie tin.

In a heavy 3-4 qt. saucepan, bring the milk to a boil over high heat. Reduce the heat to moderate and, stirring frequently, cook for about 35 min. or until the milk thickens to the consistency of heavy cream. Add sugar and stir for 10 min. Add the ground almonds and pistachios (and raisins) and continue stirring 10 min. longer. Still stirring, add 3 t. of the ghee and cook for another 5 or 10 min., until the mixture is thick enough to draw away from the sides of the pan in a solid mass.

Remove the pan from heat and stir in almond extract. Pour the barfi into pie tin, spreading and smoothing it with a spatula. Let the candy cool for 30 min. or so, then cut into squares or diamonds. It will harden to the consistency of fudge as it cools further.

APPLE CRISP

AMERICAN

1 lb. cooking apples, peeled and sliced (about 5½ C.)	
lemon juice	½ C. granulated sugar
½ t. cinnamon	½ C. firmly packed light brown sugar
½ t. nutmeg	¾ C. flour
1/8 t. salt	
½ C. butter or margarine (optional)	

Put the apples in 2 bowls and add lemon juice and the granulated sugar. Add cinnamon. Combine the brown sugar, nutmeg, salt and flour. Cut into butter with pastry blender until it looks crumbly. Put apples into a greased casserole - a deep 1½ qt. or a shallow 2 qt. Spread topping evenly over apples. Bake in preheated 350F oven for 45-60 min., until apples are tender and crust is nicely browned.

APPLESAUCE PIE

(My mother made this from her own applesauce. It's good and juicy and just right for a winter evening.)

2 crust pie shell

Filling

2 cans applesauce	1 t. vanilla
1 t. nutmeg	3 C. sugar

Mix this together. You can thicken it with 1 t. cornstarch, if desired. Pour into crust, top with ½ stick of melted butter and cover with top crust. Preheat oven to 400F and bake for 45 min. To keep the juices from running, put aluminum foil in oven under pie.

This pie won't be real firm - it's more like a deep dish pie. Serve plain, or with vanilla or lemon sauce.

Rosemari Mealy

APPLE SNITZ CAKE

EUROPEAN

3 C. finely chopped apples	1 C. corn oil (add ¼)
2 C. granulated sugar	1 T. cinnamon (dash more)
3 sm. eggs	3 C. sifted flour
½ t. salt	1½ t. baking soda
1 t. vanilla	1 C. chopped walnuts

Mix oil, sugar, eggs and cinnamon. Beat well. Sift soda, salt and flour and add to oil mixture. Batter will be stiff, but beat hard.

Add the vanilla, nuts and apples. Batter will become soft. Mix well.

Pour into greased tube pan and bake at 325F for 1 hr. Check cake for spring.

Duffy Michaud

AUNT CLARA'S ORANGE NUT CAKE

EASTERN EUROPE

2 C. flour	2 eggs
1 C. sour cream	1 t. baking soda
½t. salt	1 orange rind
1 C. nuts	½ C. shortening
1 t. baking powder	1/3 C. orange juice
1 C. sugar	

Sift dry ingredients. Cream the sugar, shortening and orange rind until fluffy. Add the eggs 1 at a time and blend after each. Slowly blend the juice into the sour cream. Add flour and sour cream mixture alternately. Add the nuts at the end.

Grease and flour a pan. Bake the cake at 350F-375F for 3/4 hr.

Icing

¼ C. lemon juice

½ C. orange juice

½C. sugar (a little less than that)

Simmer and stir ingredients over low heat until custard consistency. Pour over cake while in pan and sprinkle with grated nuts.

Mimi Labes

BILL'S PUNCHY TRASH

Combine 2 gal. ice tea, 6 qts. pineapple juice, 6 qts. orange juice (frozen, not canned), lemon juice (optional), 6 sliced Florida oranges, 6 sliced lemons, and enough ice to make a good cold drink. Water-melon may be diced and added for color. Prepare and serve in two 3-gal. plastic trash cans. Yields 5 gal.

Bill Crawford

CARROT CAKE

1 C. all-purpose flour

2 t. cinnamon

1 C. whole wheat flour (can use all white if desired)

2 t. cinnamon

2 t. baking soda

2 t. double-acting baking powder

1 t. salt

1 C. vegetable oil

2 C. granulated sugar

2 C. shredded (or coarsely chopped for blender) carrots

4 unbeaten eggs

1 C. chopped pecans or walnuts

Sift together dry ingredients, except sugar. Put oil in blender and add carrots gradually to bring total volume to 3 C. Add sugar and blend. (If you don't have a blender, mix oil, sugar and shredded carrots with electric mixer.) Transfer carrot mixture to a bowl and alternately add dry ingredients and eggs. Stir after each addition. Add nuts. Bake at 350F for 1 hr. in a 9 in. tube pan with greased bottom.

Icing

¼lb. butter

8 oz. cream cheese

½ box confectioners sugar

2 t. vanilla

Allow butter and cheese to soften. Mix together and blend in sugar. Add vanilla and mix well. Ice the cake when cool.

Ruth Slocum Rasmussen

CHEESECAKE

AMERICAN

Crust

2 T. butter

graham cracker crumbs

Cover bottom and sides of springform pan with butter. Sprinkle graham cracker crumbs generously until all the butter is covered. Freeze.

Filling

2½ lb. cream cheese

1½ C. sugar

2 T. flour

1/8 t. salt

5 eggs (add one at a time)

2 egg yolks

1 t. vanilla

½ C. heavy cream

Beat cream cheese until smooth. Add flour, salt, eggs, yolks, cream and vanilla, in that order. Beat until smooth. Pour into springform and bake at 475F for 10 min. Reduce to 300F for 1 hr. Leave oven door open after it's done for ½ hr. Cool 4 hrs. in refrigerator before removing sides of form. This yields 8-12 servings. The cheesecake is usually better the next day.

Pepper Herman

CHERYL'S BOURBON BALLS

AMERICAN

(or what you serve to the social worker to show how sparingly you use and serve liquor)

4 oz. cream cheese

1 C. finely crushed vanilla wafers (or any vanilla cookie)

1 C. chopped pecans (or walnuts or almonds)

2 T. cocoa

1 C. confectioners sugar (plus some extra for 'dusting' balls)

1½ t. white corn syrup

¼ C. bourbon, rum, scotch

dash salt

(optional) cream cheese

Mix together ingredients (following the order above is helpful, but not necessary). Roll up into little balls about the size of big marbles. Roll the balls in confectioners sugar and serve. Even to the social worker.

Simone Shuster

CHOCOLATE CHIP BARS

AMERICAN

1/3 C. soft shortening
1 1/4 C. brown sugar

2 eggs

Mix and combine with:

1 1/4 C. flour
1/4 t. salt

1 1/4 t. baking powder

Stir in:

1 t. vanilla

1/2 C. semi-sweet chocolate pieces

Put in baking pan (8x8x2 in. is a good size). Bake 35 min. at 350F.
Makes 25 squares.

Wilma Rosenberg Treglia

CHOCOLATE DEVIL'S FOOD CAKE

AMERICAN

2-4 oz. unsweetened chocolate
1 C. light brown sugar, firmly packed
2 C. cake flour
1/2 t. salt
1/2 C. butter
1/4 C. water
1 t. vanilla

1/2 C. milk
1 egg yolk
1 t. baking soda
1 C. white sugar
2 egg yolks
1/2 C. milk
2 egg whites

Cook and stir the first 5 ingredients in a double boiler. Remove from heat when thickened. Beat butter until soft. Add white sugar gradually. After this mixture is creamed, add 2 egg yolks 1 at a time.

Sift flour before measuring. Then sift with soda and salt. Add dry ingredients to butter mixture in 3 parts, alternating with thirds of the water, milk and vanilla mixture. Stir the batter until smooth after each addition. Next, stir in chocolate custard mixture. Beat egg whites stiff and fold lightly into cake batter. Pour batter into 2 greased 9 in. layer pans and bake in 350F oven for 25-35 min. Ice with mocha or chocolate frosting.

(This is one of the best chocolate cakes I have ever eaten. Everytime I make it, it is a success.)

Judah Gold-Markel

CREAM CHEESE PIE

Graham Cracker Crust

1½ C. crumbs
¼ lb. butter

3 T. sugar

Mix all ingredients; press into two 9 in. pie pans.

Cream cheese Filling

4 eggs
3 8 oz. pkg. cream
1 T milk

1 C. sugar
½ t. vanilla

Using an electric mixer, beat eggs until high, gradually adding sugar, softened cream cheese, vanilla and milk. Pour into 2 crusts; bake at 375F for 15-20 min.

DEBBY'S BUNDT CAKE

1 C. butter
2 C. sugar
2 eggs
½ t. vanilla extract

1 t. baking powder
¼ t. salt
1 C. sour cream
2 C. flour - white

Filling

1 C. chopped nuts, cocoa, sugar, shortening, instant coffee, cinnamon

Cream butter and sugar till very light and fluffy. Beat in eggs, one at a time, very well. Fold in cream and vanilla. Fold in flour sifted with baking powder and salt.

Filling: Combine nuts, etc. mixing to taste in a double boiler or equivalent just warm enough till shortening melts (not the rest). Taste should not be too sweet - if anything, on the opposite because cake is so rich. Filling should not be syrupy.

Place some batter in well-greased bundt pan, spread filling evenly around batter. Then spread rest of batter.

Bake about 60 min. at 350F till golden brown and pulling slightly away from edge of pan. Cool on rack.

Muffin Friedman

EGG CUSTARD

3 whole eggs	2 C. scalded milk (not boiled)
¼ C. sugar	1/8 t. salt

Beat eggs; add other ingredients. Heat over a very low flame or in a double boiler (do not allow the water to boil). Custard should begin to thicken in 6-8 min. It should be smooth and coat your spoon. (If you cook it too much it will curdle.) As soon as custard is done, pour over the trifle (see above) and refrigerate. Garnish with whipped cream, cherries, and chocolate shavings.

EGG NOG

AMERICAN

5 egg yolks	1 C. sugar
1 t. vanilla	1 C. Cognac
2 C. milk	

Beat egg yolk, vanilla and sugar together until smooth and foamy (30 min. by hand, 10-15 min. with an electric mixer). Boil milk; remove from heat; stir until cool (to prevent a skin from forming). Add cooled milk to the egg mixture. Add cognac last. Allow the egg nog to sit overnight at room temperature. Pour into serving bottle. Does not have to be refrigerated unless you prefer it and will keep indefinitely.

ENGLISH TIPSYPUDDING

½ C. sugar	2 C. milk
4 T. flour	2 T. butter
4 egg yolks	Marsala

Poundcake
(optional) canned peaches, pears, or mixed fruit

Take a few slices of poundcake, crumble them and wet with Marsala. Put in a qt. or 1½ qt. baking dish. Add can of fruit over cake, if desired (fruit makes it a trifle).

Make custard by putting sugar, flour and egg yolks in a bowl. Add a little of the milk and whisk together. Put the rest of the milk on to boil and whisk into the egg mixture. Return to pan and whisk until mixture thickens. Stir in butter and Marsala to taste (about 3 T.). Pour over cake mixture. Let cool and chill.

Judy Glick

FRUIT BRANDY

3 lbs. ripe fleshy fruit (plums, peaches, apricots, etc.)
2 lbs. 'superfine' ground sugar 1 quart vodka
1 large glass jar with a lid that screws on tightly

You should use whole pieces of fruit for this recipe. The fruit should be ripe, but can't have any mold on it. (There may be a fight to the death between the molds and the struggling yeast trying to make alcohol.)

Clean the glass jar well to get rid of any other extraneous organisms. Put the vodka in the jar and dissolve the sugar in it. Add the pieces of fruit and seal the jar tightly. Don't shake or stir the fruit around.

Leave the jar out of the sun for 30 days. Every day, gently turn the jar over so that one day it's upright, the next day it's on its lid, the next day upright, etc. Don't shake the jar, just turn it over once every day.

At the end of the month, drain the brandy off the fruit. The brandied fruit is delicious; you can eat it on ice cream or cake or by itself. The brandy is very potent.

Bruce Caskie/Dorna Caskie

FRUIT COMPOTE

JEWISH

1 pkg. dried prunes	1 pkg. dried apricots
1 lg. can whole pineapple slices	1 lg. can peaches
1 lg. can pitted bing cherries	½ lb. chestnuts
½ C. red wine	½ C. sherry

Boil chestnuts for 20 min.; soften apricots and prunes in boiling water. Drain pineapple, peaches and cherries, but save cherry juice.

Layer fruit and chestnuts in casserole dish. Pour cherry juice, wine and sherry over layers. Add a few drops of lemon juice.

Bake at 350F for 45-60 min. Serves 6.

FRUIT TART

EUROPEAN

(This tart is less sweet than most North American pastries. It's an excellent way to use summertime's abundant ripe fruit, and the baker who serves it will certainly not mind eating this dessert repeatedly among varying company!)

Pastry

¼ lb. butter
1 T. milk

1 egg yolk
1-1¼ C. sifted flour

Combine the butter, egg yolk, flour and milk, Work this mixture to a uniform consistency with your fingers in a small bowl. Form into a ball, such that dough does not stick to your fingers. Add more flour if necessary. Refrigerate 15 min. then line springform pan or tart pan with dough, making 1 in. high edges.

Fruit Filling

3-4 peaches (or nectarines, blanched apple slices)
½-¾ C. fruit of a contrasting color (blueberries, blue plums, etc.)

Cut the peaches (or other fruit), unpeeled, into ½ in. slices. Prepare the fruit of contrasting color. Arrange peach slices around the edge of the pastry, such that the slices seem to form the spokes of a wheel. The slices should be close enough to almost touch each other and should be placed skin side down. Add contrasting fruit to the center of the pastry.

Custard

¾ C. sugar

2 eggs

Mix the sugar and eggs together in a small bowl. Pour this mixture over fruit-pastry combination, beginning at the center. Bake at 400F for 35 min.

Barbara Hemmendinger

GERMAN APPLE PANCAKE

4 tart apples
butter or margarine
sugar
½ C. milk
lemon juice

¼ t. nutmeg
½ t. cinnamon
2 eggs
¼ t. salt
½ C. sifted all-purpose flour

Peel and core apples. Slice thin. Melt 1/3 C. butter in frying pan and saute apples for 5 min. Mix 1/3 C. sugar, spices lemon juice and add to apples. Cover and cook for 10 min. Cool.

Mix eggs, milk, flour and salt. Beat with rotary beater for 2 min. Heat 1 T. butter in 10 in. ovenproof skillet. (I use a lg. paella pan when

I cook the pancake.) Pour batter into pan. Bake in preheated oven at 450F for 15 min. As soon as batter puffs up in center, puncture with fork, repeating as often as necessary. Lower heat to moderate (350F) and bake for 10 min. Remove from oven. Spread apple mixture evenly over surface and serve.

(You might want to add extra sugar and butter when you are cooking the apples. Prepare to taste. This recipe is delicious. The unusual pancake resembles a Yorkshire pudding. I often serve it if I'm having company for a Sunday brunch.)

Judy Glick

GERMAN SOUR CREAM TWISTS

3½ C. sifted flour	1 t. salt
1 C. shortening (½butter)	1 pkg. yeast
¼ C. warm water	¾ C. thick sour cream
1 egg and 2 egg yolks, well beaten	1 t. vanilla
1 C. sugar	

Sift the flour and salt in bowl. Cut in shortening. Dissolve yeast in water.

Stir yeast into flour mixture with sour cream, eggs and vanilla. Mix well. Cover with damp cloth and refrigerate for 2 hrs.

Roll ½ the dough on sugared board into oblong 8x16 in. Sprinkle with sugar. Roll again to same size and repeat a third time. Roll the dough about ¼ in. thick. But into strips 1x4 in.; twist the ends in opposite directions - stretching dough slightly. Shape into horseshoe and put on ungreased baking sheet, pressing the ends to keep the shape. Repeat with the rest of the dough.

Heat oven to 375F. Bake about 15 min. or until lightly brown. Remove from baking sheet immediately. Makes about 5 dozen.

Mimi Labes

GIN PUNCH

AMERICAN

1 qt. gin	2 qts. lemon soda
½ gal. orange sherbet	

Pour gin over sherbet and then add the lemon soda. Mix well. Serve with a little sherbet in each cup.

Hannah Stapleton

GOLDEN RAISIN CAKE

AMERICAN

¼ lb. margarine

½ C. sugar

2 eggs, whole

1½ C. flour

½ box golden raisins

1 t. baking powder

½ t. lemon flavoring

Put softened margarine in a big bowl; add eggs, sugar, and lemon flavoring. Stir well to blend into a smooth cream. Add flour and baking powder; mix. (If batter is too dry, add a teaspoon of milk.)

Mix in raisins. Grease a loaf pan and dust with bread crumbs. (This prevents sticking.) Put batter into pan and bake at 350F for 45 min.

When cake has cooled a bit, glaze with a thin (runny) mixture of confectioners sugar and lemon juice.

GUACHIPUPA

CUBAN

(Rum punch)

light rum

gingerale

(inexpensive brands do fine)

fresh orange slices

pineapple

chunk of ice

Ratios are:

1/3 half - gal bottle rum to 48 oz. can pineapple juice to 1 can gin gingerale (just enough to give a little fizz)

Float orange slices. Change amounts according to how strong you want the punch.

Muffin Friedman

GUSTE KALMUS' LINZERTORTE

VIENNESE

(This recipe comes from my husband's Viennese aunt, who is a piano teacher now residing in New Mexico.)

1 C. sugar

7/8 C. butter

1 t. lemon rind

2 eggs

¼ t. salt

1 C. ground, unblanched almonds

½ t. cinnamon

¼ t. cardamon

¼ t. ground cloves

1 T. cocoa

1¼ C. sifted, all-purpose flour

Beat butter until soft and add sugar gradually. Continue blending these ingredients until soft and creamy. Stir remaining ingredients in

gradually until well blended.

Place the whole sticky mass into a springform pan and spread evenly and firmly in pan. Bake at 350F for 55-60 min., or until the sides of the dough pull away from the pan. A toothpick inserted in the center will come out clean when done.

Cover the cooled torte with a generous layer of good, rather sour jelly. The Linzertorte keeps well when refrigerated.

Barbara Hemmendinger

INDIAN PUDDING

4 C. milk
3 T. butter, softened
¼ C. dark molasses
1 t. cinnamon
¼ t. freshly grated or ground nutmeg
3 eggs

NATIVE AMERICAN

½ C. yellow cornmeal
½ C. firmly packed dark brown sugar
1 t. salt
1 t. vanilla
heavy cream, whipped cream or vanilla ice cream

In top of double boiler scald milk. Add cornmeal gradually, stirring constantly. Place over (not touching) hot water and cook, stirring occasionally, 10 min. Remove from heat and cool slightly.

In small saucepan cream together butter and brown sugar and then add molasses, cinnamon, salt and nutmeg. Cook over low heat, stirring, just until blended. Remove from heat and stir in vanilla.

Beat eggs into cornmeal mixture 1 at a time. Add molasses mixture and mix thoroughly. Pour mixture into buttered 2 qt. baking dish. Bake in a preheated 325F oven for 1½ hrs. or until firm and lightly browned.

Serve warm with cream or ice cream.

KAHLUA

4 C. heated water
4 C. brown sugar
one fifth of vodka

2 oz. instant coffee
2 vanilla beans

Combine ingredients and cool for 16 days at 40F.

Muffin Friedman/Steve Ajl

MEXICAN HOT CHOCOLATE

For each C. of milk:

1 heaping t. instant chocolate mix or 2 t. chocolate syrup
1 lg. marshmallow 1-2 t. honey

Warm milk over low heat. Add instant chocolate mix or chocolate syrup and blend. Add a sprinkling of cinnamon. While mixture cooks, add marshmallows or honey.

MRS. KIERNAN'S MARBLE SQUARES

IRISH

1 C. and 2 T. sifted flour	½ t. baking soda
½ t. salt	½ C. shortening
¼ C. and 2 T. brown sugar	½ t. vanilla
¼ t. water	1 egg
1 6-oz. pkg chocolate chips	¼ C. and 2 T. granulated sugar

Preheat oven to 350F. Sift flour, measure, and resift with baking soda and salt. Set aside.

Combine shortening, brown sugar, granulated sugar, vanilla and water. Beat until creamy. Beat in 1 egg to this mixture. Add flour and mix well.

Spread dough in greased 13x9x2 in. pan or two 8 in. square pans. Sprinkle the chips over the top and place in 350F. oven for 1-2 min. until chips are soft.

Remove pan from oven and run knife through batter to marbleize. Return to oven and bake for 10-12 min. Cut in 2 in. squares or smaller.

Duffy Michaud

OATMEAL CHOCOLATE CHIP COOKIES

½ C. dark brown sugar	½ C. granulated sugar
½ C. shortening	1 unbeaten egg
1 t. vanilla	1 12oz. bag chocolate chips or
¾ C. flour	9-10 oz chocolate chips
½ t. baking soda	½ t. salt
1½ C. oatmeal (quick)	

Cream sugars and shortening. Put egg and vanilla in cup and blend. Add to sugar mixture. Mix flour, soda and salt and add gradually. Add oatmeal, mixing thoroughly. Add chocolate chips. (When I add the chips I find a 6 oz. bag to be not quite enough, so I put in what looks

right, about 9-10 oz.)

Bake at 350F for 10 min. on cookie sheet. Makes 36-40 cookies.
This recipe can be doubled.

Tom Innes

ORANGE CHIFFON

AMERICAN

1 lb. small curd cottage cheese
1 pkg. orange jello (lg.)

1 can mandarin oranges - drained
½ pt. heavy cream, whipped

Mix with spoon until well blended. Chill and serve.

Clare Beddall

POACHED PEARS

FRENCH

8 ripe pears (Bartlett)
½ C. sugar

1 C. water
vanilla bean or 1 t. vanilla
extract

Peel pears, but leave them whole with stem intact. Bring sugar and water to a slow boil; add vanilla and pears. Cover and poach slowly for 35 min. or until tender.

PRUNE STRUDEL

JEWISH

Pastry

1 C. butter or margarine
½ C. sour cream

1½ C. flour

Cut butter in flour until it feels like the texture of corn meal. Blend in sour cream. Divide into 2 pieces, wrap in aluminum foil, refrigerate overnight. Roll each piece out on a floured towel to about 16x9 in. Trim to make even rectangle.

Filling

1½ C. prunes
½ C. sour cream
¼ C. confectioners sugar

1½ C. water
1 t. grated lemon rind

Heat prunes and water, cover, simmer for 10 min. Cool. Pit prunes, mash with fork or blender. Stir in sour cream, lemon rind, and sugar. Spread each strudel with $\frac{1}{2}$ the filling. Roll up jelly roll fashion from the long side. Bake at 350F. for 45 min. or until lightly browned. Cool, sprinkle with confectioners sugar.

QUICK RUSSIAN TEA

$\frac{1}{4}$ C. instant tea	1 $\frac{1}{3}$ C. sugar
$\frac{1}{2}$ t. cloves	$\frac{2}{3}$ C. powdered instant orange drink

Combine all ingredients. Dissolve 2 t. (or more) of mixture in each glass of boiling hot water. Use iced glasses and water for iced tea.

Duffy Michaud

QUICK TRIFLE

(This is quick, about 20 min., but expensive and fattening!)

1 poundcake	1 pkg. frozen whole strawberries
1 can blueberry pie filling	(no syrup), defrosted
1 lg. pkg. vanilla pudding	3 C. milk
$\frac{1}{2}$ jar apricot preserves	$\frac{1}{2}$ jar raspberry preserves
1 lg. can whipped cream	

Combine milk and pudding. Bring to boil, cover with foil and place in barely warm oven.

Line bottom of 2 qt. glass bowl with pound cake to 1 in. depth. Paint top of cake with apricot preserves.

Remove pudding from oven, uncover, stir and pour lightly over preserves. Add layer of strawberries and cover with whipped cream. Repeat layering until bowl is almost full - alternating apricot with raspberry preserves, and blueberries with strawberries.

For top of trifle, add cake, preserves and whipped cream. Decorate with strawberries.

Duffy Michaud

RECON'S ARTILLERY PUNCH

$\frac{3}{4}$ C. sugar	1 bottle sherry
6 oz. lime juice	1 bottle brandy

1 bottle bourbon	1 T. bitters
1 bottle red wine (usually a rose)	1 qt. club soda

Mix sugar and lime juice. Add other ingredients (except the club soda) and chill. Just before serving, add a lot of ice and the club soda. This should knock the sox off about 30 people.

Chris Robinson

RICE PUDDING

AMERICAN

1 t. salt	
5 C. milk	½ t. vanilla
½ C. rice	1 C. cream
1 egg	½ C. raisins (optional)
2/3 C. sugar	1 T. cinnamon and sugar, mixed

Bring rice and milk to boil. Simmer, covered, 50 min., stirring occasionally. Remove from heat.

Beat together eggs, sugar, salt and vanilla. Add hot milk and rice to egg mixture; stir well. Add cream. Line bottom of baking dish with raisins. Pour in rice mixture, stirring as you pour to distribute rice evenly.

Sprinkle with cinnamon and sugar. Place dish in a pan of water and bake at 350F for 30 min. Remove from oven, chill thoroughly and serve.

RICE PUDDING WITH CARDAMON

INDIAN

2 qts. milk	1 C. sugar
1/3 C. basumati or long grain white rice	½ C. raisins
½ C. finely chopped, unsalted, blanched almonds	
¼ t. cardamon seeds or seeds of 3 whole pods, coarsely crushed	
1 t. rose water	
¼ C. unsalted, blanched almonds, lightly toasted	

In heavy 5-6 qt. saucepan, bring milk to boil over high heat, stirring constantly to prevent skin from forming. Reduce heat to moderate and stirring occasionally, cook for 30 min. Add the rice, which has been washed and drained, and continue cooking and stirring frequently for 30 min., or until rice is soft.

Add sugar and finely chopped almonds and stir for 15 min. over low heat until pudding is thick enough to coat the spoon heavily. Remove the pan from the heat, stir in cardamon, rose water and raisins and pour the pudding into a shallow 7x12 in baking dish. Smooth the top and then sprinkle with the toasted almonds. Let cool and then refrigerate.

Interview with Art Segal *by Carol Goldin*

A lot of people who live or work in center city may know who Art Segal is. Art spends his days operating a snack and drink stand, centrally located on the southeast corner of City Hall. It's too bad that rushing to work or rushing to catch the subway doesn't leave much time for conversation. Because talking to Art is quite an experience.

This I discovered when I went to Penn Towers to interview Art and his housemate, Shirley Trexler, for the cookbook. On entering, I smelled something delicious cooking. Art, an excellent and enthusiastic gourmet cook, was making sickle pear preserve, an easy-to-make delicacy he remembers from his childhood. I said nothing but hoped it would be done while I was still there.

After collecting a bunch of recipes from Art, I encouraged him to tell me some stories from days gone by, hoping that this would gracefully extend my stay until the pears were done. Art didn't need much encouraging to reminisce about life back home as a child. He told me about the enormous amount of work that went into preparing food for the Jewish holidays, especially for the Seder on Passover. Each member of the family helped ready the goose, stuffing, salads, cakes and preserves.

Back then, the local farmer delivered live birds to the house. Art described them — "feet tied up and squawking loudly." It was Art's job to size up the birds, choose the unfortunate dinner guest and take it down to the slaughterhouse. Once back home, he would pluck the carcass and turn it over to his sisters who would singe off the pin feathers. His mother would then split the bird open and scoop out the unformed eggs — a delicacy Art remembers well.

As I pondered over whether or not I would be brave enough to try unformed goose eggs, Shirley informed us that the sickle pear preserve was done. I asked her if there were any special ways she had for being certain of that. Used to such questions, Shirley smiled, pointed to her braille watch and said, "I can still count from 1 to 10. I can also touch and smell. What else do I actually need?"

Both Art and Shirley are blind, but would be affronted if called handicapped. After all, Art runs his vending business and is a gourmet cook on the side. Both Art and Shirley are members of Liberty Alliance of the Blind, one of the People's Fund Cooperating Groups. Liberty Alliance was formed in 1969 to fight against discrimination of blind people. Its members take legal actions and also protest and picket when necessary. Liberty Alliance is affiliated with National Federation of the Blind.

SICKLE PEAR PRESERVE

JEWISH

1 C. honey
3 C. water (to make maple syrup thickness)
cloves
allspice
3 lbs. sickle pears

Put honey and water in 6 qt. saucepan. Add several pinches allspice and cloves. Wash sickle pears (including seeds and stems). Put into syrup mixture, stir thoroughly and bring to a boil. Cool and serve.

Art Segal

SOUR CREAM COFFEE CAKE

JEWISH

¼ lb. butter
3 eggs
1 t. baking soda
1½ t. baking powder
¼ C. cinnamon and sugar
1 C. sugar
1 C. sour cream
1½ C. flour
1 t. vanilla
¼ C. nuts

Mix sour cream and soda and let sit. Cream butter and sugar. Add the eggs. Sift dry ingredients and add to mixture. Add vanilla.

Pour ½ the batter into a greased tube pan. Sprinkle with ½ the sugar, cinnamon and nut mixture. Add the rest of the batter and sprinkle the rest of the sugar, cinnamon and nuts on top. Bake at 350F

SOUTHERN STYLE PECAN PIE

AMERICAN

1 9 in. unbaked pie shell
¾ C. sugar
1 t. salt
2 T. flour

Mix together

1 C. light corn syrup
2 eggs, well beaten

Stir together and add to sugar-flour mixture.

½ C. evaporated milk
¾ t. vanilla
1 C. broken pecan pieces

Mix together; stir into above mixture.

Pour filling into pie shell and bake at 375F for 50 min. or until firm. (Pie should be firm to touch around edges, but slightly soft in center.)

Simone Shuster

STRAWBERRY PIE

AMERICAN

9 in. baked pie shell
1 qt. strawberries
1 C. sugar
whipped cream (optional)

$\frac{3}{4}$ C. water
1 t. lemon juice
3 T. cornstarch

Cut up 1 C. strawberries. Add water and cook for 3-4 min. Mix together sugar and cornstarch. Add to berries in water and cook until mixture is thick and clear. Add lemon juice and let cool.

Hull remaining berries and place them in pie shell. Pour strawberry glaze over the pie. If you want, serve with whipped cream.

SWEET AND SOUR POTATOES

AMERICAN

(I have never attempted to write this recipe down, so make any adjustments if these proportions don't seem tasty. . .)

2 cans yam or sweet potato pieces, drained
 $\frac{3}{4}$ can crushed pineapple, drained
3 T. lemon juice
salt

$\frac{3}{4}$ C. raisins (or as desired)
3 T. brown sugar (probable a bit more is needed)

Mash the potatoes. Add pineapple, raisings, brown sugar, lemon juice, a little salt and stir well. Put in baking dish or loaf pan which has been greased with butter. Bake at 350F for about 30 min., or until bubbly on top.

If you go in for that sort of thing, add marshmallows on top for the last 10 min.

TRIFLE

(Good for a holiday feast.)

bananas
strawberry jam
approx. $\frac{1}{2}$ C. cherry wine, brandy or whisky

lady fingers (or pound cake)
approx. $\frac{1}{2}$ C. rum

Slice bananas so they cover the bottom of a large bowl. Dribble rum over them. Cover bananas with a layer of split lady fingers (or pound cake slices). Cover lady fingers with strawberry jam; sprinkle with cherry wine. Repeat these layers until bowl is full, but end with lady fingers or bananas on top. Cover with EGG CUSTARD.

WIND ICING

(This is from my mother's sewing circle cookbook in Trail, British Columbia, Canada.)

2 T. butter	1 C. confectioners sugar
2 oz. chocolate (unsweetened), melted	
1 egg	½ t. vanilla
¼ C. milk (at room temperature)	

Cream the butter and sugar. Add the other ingredients and beat over a bowl of ice until thick.

This icing should be the consistency of whipped cream.

Mimi Labes

cooking abbreviations

T.	tablespoon
t.	teaspoon
C.	cup
hr.	hour
min.	minute
sm.	small
med.	medium
lg.	large
sl.	slice or sliver as appropriate
oz.	ounce
qt.	quart
lb.	pound
pkg.	package
pt.	pint
F.	degrees Fahrenheit

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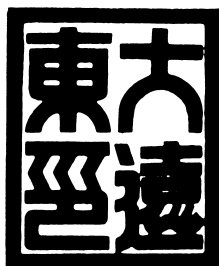
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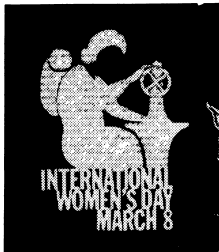
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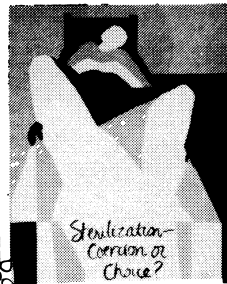
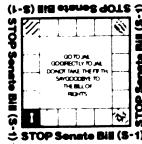


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